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This is not your father's recession

HISTORIC DOWNTURN

Moving beyond Calgary's economic woes

Mary Moran

This economic downturn has been called the worst recession in Alberta in 30 years but for Calgarians it's important to keep in mind that this isn't the 1980s all over again.

You don't even see those classic Sunice ski jackets from the '88 Olympics anymore.

As a city, Calgary has grown, evolved and adapted to the economic realities of the times to become a global city with a more diversified economy that's much better equipped to withstand the highs and lows in the energy sector.

That's not to downplay the impact of this recession.

From pipeline politics and the plunge in oil prices to unemployment above the national average for the first time since the 1980s and the devastating forest fires at Fort McMurray, RBC Economics noted in its June Outlook: "It seems Alberta cannot catch a break these days."

A business confidence survey for Calgary Economic Development and the Calgary Chamber this month revealed a sense among business leaders that the oil and gas industry has fundamentally changed due to supply issues, technology advances and geopolitics. It also found two-thirds of respondents were "generally hopeful" about Calgary's economy and 44 per cent



Mary Moran, president and CEO of Calgary Economic Development, is optimistic about the city's recovery. JENNIFER FRIESSEN



We're positioning Calgary as a talent hub globally.

Mary Moran

believe the worst is behind us.

There's reason to be optimistic.

Calgary may be down economically, but it's not out. With our young, highly educated, globally connected workforce, we're a city open for business. In fact,

from land to labour, we are more open and affordable for businesses than we've been in years.

Renewable energy, petrochemicals, clean-energy tech, agribusiness, tourism, transportation and logistics, and TV, film and creative industries are all areas of purposeful diversification where we can leverage existing strengths.

Many economists are forecasting a return to economic growth in Alberta in 2017. However, the 110,000 jobs lost in the oil and gas sector aren't all coming back. The world has changed.

The United States used to be our No. 1 energy customer — now it's also our No. 1 competitor.

Companies that will prosper emerging from this recession will be leaner, lower cost and create a much smaller environmental footprint.

Fortunately, this transformation is occurring as the digital economy gives people, businesses and cities an ability to reshape or reinvent themselves. In many ways, technology is making distances immaterial, so we're positioning Calgary as a talent hub globally.

Oil and gas no longer dominate Calgary's economy as it did in previous decades but we remain a centre of excellence in energy from oil and gas to wind and solar. Our future is based on our role as a leader in responsible energy development.

We need to ensure Calgary is recognized as a city where bright ideas are emerging in the transition to make all forms of energy cleaner or more efficient. Taking action on climate change must be seen as an opportunity to innovate and prosper, not an impediment to prosperity.

We are identifying places worldwide with opportunities to work from a distance — especially in science, technology, engineering and math (STEM) occupations, where we excel with knowledge-based workers from the energy companies clustered here. Talent in STEM professions is critical to innovation and we have a distinct advantage over rival cities.

Calgary Economic Development recently participated in two surveys comparing cities globally and both concluded that, more than oil and gas, people are Calgary's most important resource.

We need to ensure Calgary has a critical mass of innovative and entrepreneurial thinkers. We're not just waiting for the price of oil to recover or hoping new businesses will emerge as Calgary works its way out of this historic downturn.

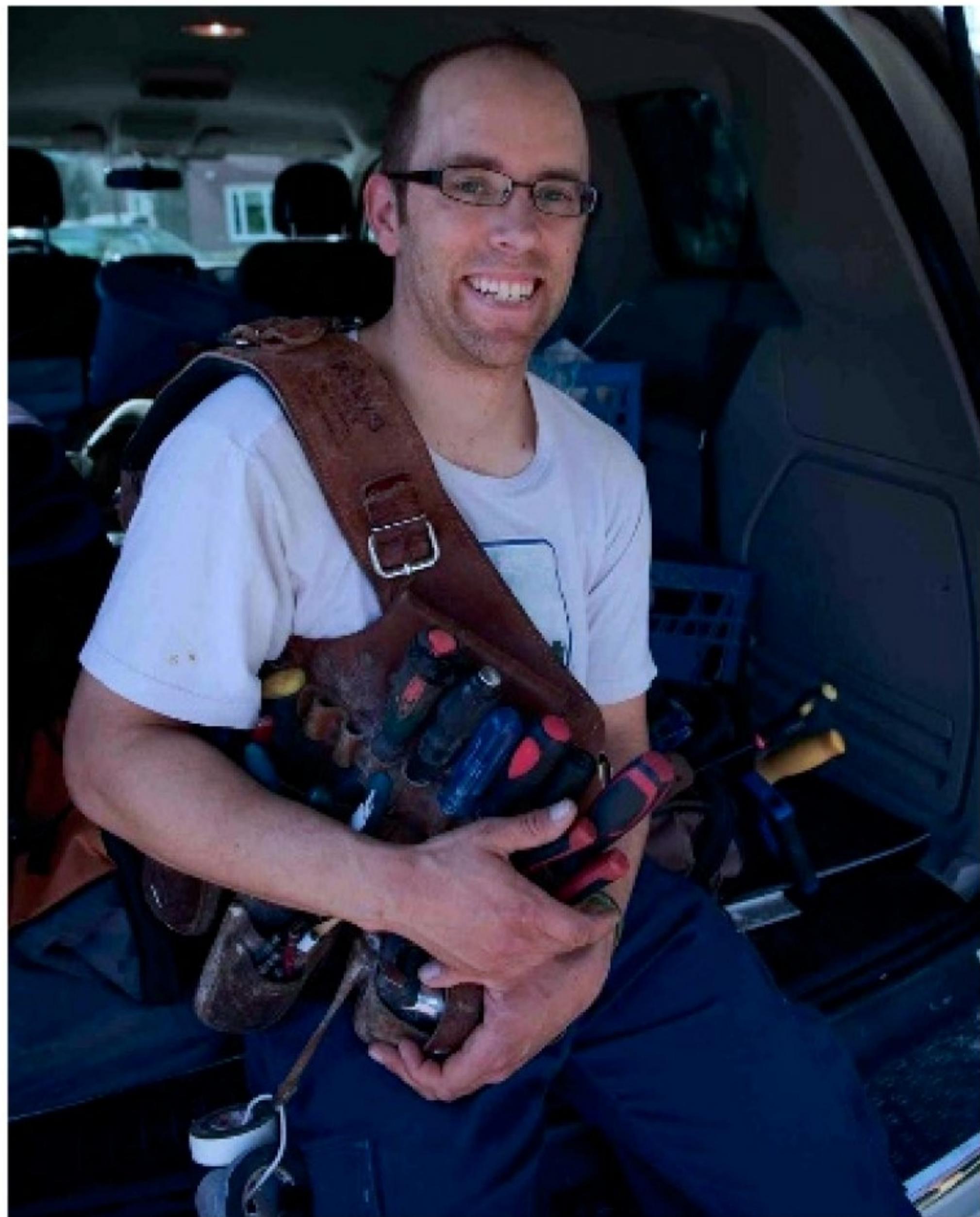
In February, city council approved a three-year, \$30-million economic resiliency plan. As part of the city initiative, Calgary Economic Development will receive \$7 million and we have ambitious targets to improve perceptions of Calgary to investors and attract 73 new businesses.

To achieve those goals we need to share our energy and our ideas with the world.

It's not the '80s anymore and the digital economy is one big reason why. You may not see those vintage Olympic ski jackets on Calgary streets these days but in this digital economy they're available worldwide on eBay or Kijiji.

Mary Moran is president and CEO of Calgary Economic Development.

Downturn spurs self-employment



Master electrician Darrell Ingeveld started his own company, Brighter Day Electric, and said he can't imagine going back to being an employee. JENNIFER FRIESEN

MAKING THE TRANSITION

Being your own boss pays off for two local entrepreneurs

Krista Sylvester

It's not business as usual in Calgary — but for some local entrepreneurs that is a good thing.

It's no secret that the city's working class has been affected by the economy but there is a silver lining as more and more Calgarians who have lost their jobs are turning to self-employment — and entrepreneurship is never a bad thing.

Statistics Canada numbers released this month show that Alberta's unemployment rate soared from 7.2 per cent to 7.8 per cent in May following the loss of 24,100 jobs across several industries. While that's bad news for many, it might also spur more successful entrepreneurs like Calgarian Keith Podmoroff.

Podmoroff didn't always dream of being his own boss but that all changed after he was laid off six months ago from a land surveying company where he worked as an operations manager since the company began in 2006.

"I had thought about it in the past though it wasn't a burning desire to be an entrepreneur," he said.

"Prior to the layoff our company had made multiple cost cutting changes, including re-

ducing all employee hours to 24 per week, so I had been looking for another job since July of 2015. But when the lay-off finally came I hadn't secured a new job yet, so I made the decision to start my own company."

That's when Brookson Consulting was born. It was a relatively easy transition for Podmoroff because of his large network of contacts.

"So far it has been going really well and I couldn't be happier with how things have worked out. It has taken a lot of hard work to get here, but the flexibility of consulting has been great for me and my family."

But the transition from employee to self-employed isn't always simple. Some people face more challenges than others, including Darrell Ingeveld, who started Brighter Day Electric about a year ago after repeatedly being laid off by the same company.

"We made good money but then they would lay you off every few months and that's no way to get ahead in life,

so I decided to take control," Ingeveld said.

This is the second time Ingeveld started his own business — he calls the first time a "disaster" — and the decision comes with its challenges.

"It's been difficult especially because new construction has gone down and you have to learn how to get yourself out there and bring in business. It's a whole new bag of problems — I call them land mines — because when you're an employee you just show up and go home, but when you're self-employed you can't do that," Ingeveld explained.

"But I know over time it will be worth it and I can't imagine going back to being an employee ever again."

Ingeveld has some advice for others thinking of making the jump from employee to employer.

"Research, research, research. There are so many factors when starting your own business and you just need to be aware of the steps and the costs associated with it," he shared.



I couldn't be happier with how things have worked out. It has taken a lot of hard work to get here, but the flexibility of consulting has been great for me and my family.

**Keith Podmoroff,
Brookson Consulting**



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Shifting focus, gaining business

RECESSION BUSTERS

Secrets of staying power revealed

Christy Nich

Amid all the lay-offs and business closures in Calgary, why are there some businesses still around? What are their secrets?

Olav Cramer, president of Oil-Pro, agrees it's hard to watch companies he's worked with filing for bankruptcy. The standard business rule is to have three to six months worth of operating capital, but when the situation in the oil and gas sector lasts for

more than 12 months, they can't keep going. He attributes OilPro's staying power to a few things, the first being to cut expenditures. OilPro owns the building they occupy, have cut staff from eight down to three and a half, and changed their focus to generating more international business.

"We've shifted from five per cent export of two years ago to 50, and in some months 90 per cent — that's how little we're doing here." Customers range from the Middle East to New Zealand to Chile. The company is now looking to line up new distributors in Oman, Brazil, and Argentina.

OilPro supplies production equipment to oil fields and offers new, customized and re-manu-

factured units to its customers. Cramer reports that sales were down at year end October 2015 by 50 per cent and estimates it will drop another 40 per cent this year, despite the fact that more domestic orders are trickling in.

However, being a smaller, leaner, private company "with more in the tank, we go to auctions and buy steel for well below market value and stock it so that when things do pick up, we can offer equipment at lower than market prices because they've been artificially deflated" said Cramer.

We don't want to ruin our reputation.

Jared Trail, Men in Kilts

"We pass that value onto our customers and that's why they keep phoning us."

Another company that's not only surviving, but flourishing, is the local Men in Kilts franchise. Over the last few years, the company's revenue has doubled. To meet demand, more than a dozen new 'techs' — who do the physical labour — were hired over the last couple of months, according to Jared Trail, business development manager. This is in addition to the 40 or so techs already on staff. A total of 70 staff now work in the Calgary office.

Hiring is a delicate balance of training staff, while not compromising quality. Trail explains that the kilts worn by staff are a gimmick to set them apart from



Men in Kilts plans to expand into landscaping. JENNIFER FRIESEN

the competition, but it's their reputation for doing a great job — all 100 per cent guaranteed — that ensures the company's success.

Men in Kilts offers eight different services, year round, including window and gutter cleaning and maintenance. Its client base is 65 per cent commercial.

"Window cleaning still accounts for roughly \$2.3 million of our entire business, each year," said Trail.

And plans are in the works to expand into landscaping. "Sarah is managing that to our high standards," said Trail, referring to an employee. "We don't want to ruin our reputation."

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Krista Sylvester

Commercial space up for grabs

Calgary's commercial real estate situation isn't pretty, making it the perfect time for companies to consider the inner city space they've always wanted.

A first-quarter report released earlier this month by national office tenant representative Cresa shows that commercial vacancy rates are between 20 to 25 per cent, a level not seen since the 1980's. With more than eight-million-square-feet

of office space available downtown, it's not going to get better anytime soon.

But there is a silver lining, according to the author of the report and principal broker Adam Hayes. He said it's a great time for companies to move into the downtown market — and it's also a great time to donate the space to other groups.

"Some of our clients and some companies' downtown are looking at potentially donating office space to non-profits and charities," said Hayes, adding there has never been a better time to negotiate a lease.

"Whether or not there are tax benefits to doing that, I think it's more important for these companies to create that PR and goodwill and help out companies that couldn't previously get into the downtown market because prices were just too high."



Some commercial brokers are considering donating downtown office space to non-profits and charities to generate PR and goodwill. JENNIFER FRIESSEN

It's time to buy, buy, buy when it comes to real estate

With housing prices continuing to fall, it's the perfect time for first-time homebuyers to enter the market.

As real estate housing prices continue to drop in Calgary, the opportunity to buy a home in-

creases, according to Calgary Real Estate Board president Cliff Stevenson.

"The market is challenging and that's not a surprise to anyone but it poses a great opportunity for first-time homebuyers," Stevenson said. "It's the perfect storm of historically low interest rates, a significant amount of

inventory that takes the rush out of the process that buyers were faced with the last few years, and you also have lower prices."

Alison Lang, a Calgary RE/MAX Real Estate (Central) real estate agent, has some tips for house hunters entering the market.

"Ask questions and thoroughly read what you're signing. Find

out if there are any costs to you as a buyer. Don't forget to set aside money for closing costs," she said.

"And do a budget. Sit down and look at what you can afford. Consider your mortgage payment, taxes, home insurance, utilities, and other life expenses. Be realistic with your budget and leave yourself some breathing room to be able to maintain a good quality of life."



The market is challenging ... but it poses a great opportunity

Cliff Stevenson,
Calgary Real Estate Board

Good news and bad news in Calgary's new housing market

The good news is more people are applying for building permits in Alberta month over month — up 28 per cent in April over March. The bad news is permits are still down 16 per cent from the same time last year. The figures from Statistics Canada underscore what home builders in Calgary have been seeing for the last year or so.

"The housing market in Calgary has indisputably changed since early 2015," said Kendra Milne, vice president of marketing at Walton Development and Management. "There has been a shift in the product preferences, pricing levels and place selection for those looking at real estate opportunities."



New residential development in Calgary reflects the desire among buyers for affordable housing. JENNIFER FRIESSEN

People are looking for more affordability as they consider buying or building a new home. And that's why builders, including Walton and Brookfield Resi-

dential, are making sure to give clients what they want.

"We continue to focus on homes in the affordable end of the market because we are con-

tinuing to make investments in their future," said Ryan Moon, director of business development at Brookfield Residential. "By staying nimble and flexible to the changing economy, we are able to give our customers great quality at an affordable price."

And of course building homes helps boost the sagging economy. Brookfield has "been through ebbs and flows in the Calgary economy" since 1958, developing more than 60 communities in Calgary over the decades.

Walton's SkyView Ranch in northeast Calgary is being joined by Cornerstone, a new development in the same quadrant. "It builds on the existing develop-

ment success by everyone in the region, to bring strength to the Calgary economy, diversified employment opportunities and accessibility to transportation and amenities that are so key for Calgarians," said Milne.

"We continue to have a positive outlook for the future of the city as one of Canada's great places to live," added Moon. "People are buying well designed spaces, regardless of the size of the home. A vast array of family formations and lifestyle changes always keep us on our toes."

In more good news/bad news: labour costs are down and interest rates remain at historic lows as potential homebuyers wonder about the overall econ-

omy in Calgary and their place in it. We will likely continue to see that uncertainty reflected in the next round of figures from Statistics Canada.

"Over the next few months, we could continue to see yo-yo movements in permits issued. Consumer hesitancy, fewer homebuyers and weaker in-migration could discourage construction and hamper permit development," said Todd Hirsch, chief economist of ATB Financial. "But the value of building permits could start to show more gains too. Developers of all sorts could see 2016 as a good time to invest as overall costs are likely lower than they have been over the last couple of years." JEN ROE



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Calgary's East Village is bustling

HOPPING WITH ACTIVITY

Community designed to be vibrant, liveable and walkable

Jen Roe

Calgary's East Village is hopping with activity this summer. The master planned community — just east of the downtown core — is designed to be a vibrant, liveable and walkable community, with condos and restaurants, arts and culture, playing an integral role in achieving that vision.

"The opening of Studio Bell, home of the National Music Centre, on July 1 signifies our neighbourhood truly coming to life. The buzz around the building's architecture, the upcoming exhibitions and programs, and the resurrection of the historical King Eddy Hotel is palpable," said Jessa Morrison, senior manager of marketing and communications at Calgary Municipal Land Corporation (CMLC), behind developing the neighbourhood.

"Calgary Opera is back with Opera in the Village over two weekends in August," she added. "This time performances will take place in a Chautauqua tent, a venue with a long and rich history as a community gathering place."

The RiverWalk and the Sim-

mons Building are already popular hubs for people who want to enjoy a stroll along the Bow River. St. Patrick's Is-

land reopened last year with beautiful facilities that have made it a popular spot for people from all over Calgary.

"We'll welcome residents into a new condo tower this summer, the third in the last year," said Morrison. "While two more residential developments continue their construction programs, including N3, Calgary's first car-free

condo project that's scheduled for completion in 2017."

Over the course of this year, four new projects will open. "It's the 'heaviest phase of construction to-date,' said Morrison.

A new shopping centre by RioCan will include a Loblaws City Market to serve the East Village residents, as well as those who live in Inglewood, Ramsay and other east-end neighbourhoods. Smaller new retailers, such as Red Bloom Salon, are opening their doors to customers in the East Village and beyond.

The Hilton Hotel will open soon and Le Germain is set to start building its new ALT Hotel. Another big construction project, the New Central Library, is also taking shape.

"By the end of the year, Calgarians will see the exterior cladding on the building's south face complete," said Morrison of the project, projected to open in 2018.

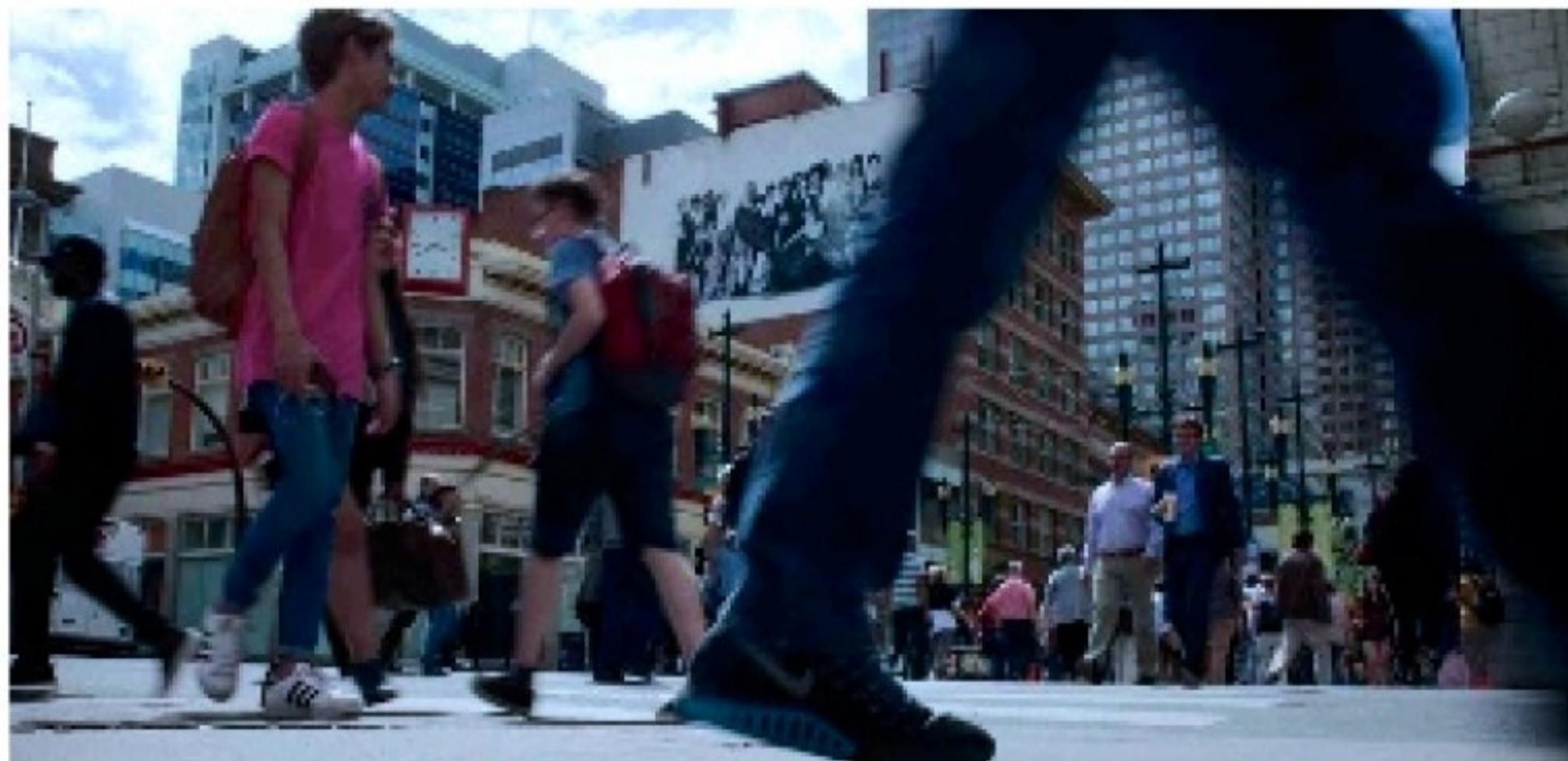
The 240,000-square-foot library, being built just one block east of city hall, will have 600,000 books, programs and spaces for kids, a technology commons, and an innovation lab.

"This year alone we anticipate approximately 1,600 tradespeople working on 11 active construction sites contributing to \$320 million in construction value," said Morrison.

"The opening of Studio Bell and the Hilton Hotel will create 150 new full- and part-time jobs. This all amounts to approximately \$560 million infused into the local economy."



Condos, restaurants, arts and culture all play an integral role in achieving the vision for the East Village. JENNIFER FRIESSEN



Despite gloomy economy, some businesses are succeeding by being nimble and changing the way they operate. JENNIFER FRIESEN

Local businesses can help spur investment

KRISTA SYLVESTER

Spurring investment in the city just might have to start right here at home.

While a new survey released last week say that seven out of 10 local businesses believe the energy industry has undergone a fundamental shift, that doesn't mean there aren't things local businesses can do to spur investment.

An annual confidence survey also released last week concluded that it might be time to look at new ways of doing business, said Chamber of Commerce spokesperson Scott Crockatt.

"Calgary's economy has always been built on entrepreneurship and resiliency and we have to use our values in new ways to see us through these economic times," Crockatt said.

"And right now the successful businesses are pivoting to take advantage of the opportunity the market is presenting and that involves a focus on three key points: innovation, productivity and developing new markets."

Crockatt said despite the gloomy economy there are some businesses that are succeeding by being nimble and changing the way they operate. But that can be challenging in itself.

"The economy has fundamentally changed and we need to change with it to try to ride out the storm and attract new investment," he added.

Meanwhile, ATB Financial chief economist Todd Hirsch said attracting new investment will hopefully stem from optimistic messages being sent including the recent announcements of Saks off 5th entering the Calgary market and the \$15 million Ikea expansion.

"It's great news and a huge boost of confidence for the city and hopefully it sends a message of optimism in the market," Hirsch said.

"What we might see is other non-energy sector companies look to Calgary once again because for a long time when oil prices were high a lot of non-energy companies struggled to compete in that environment and almost got crowded out because labour was expensive and office space was expensive."

Companies might be looking back to Calgary now that it's easier to get into the market, he adds.

"I think some of those non energy sectors will take another look at our city and say this could be our year to finally get into a market of 1.2 million people and hire some good talented people and there is attractive office space available."

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Calgary metro

Your essential daily news | TUESDAY, JUNE 21, 2016

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Fort Mac's lost lifeline

metro EXCLUSIVE

PCs announced but never built a second highway

**Ryan
Tumilty**
Metro | Edmonton

Metro has learned a second highway out of Fort McMurray — that could have sped up the community's massive evacuation from a wildfire in May — was announced in 2012 but never built by the former Progressive Conservative government.

Under then-premier Alison Redford, the PCs announced \$150 million to extend Highway 881 from Anzac to Fort McMurray.

With only one way out, people headed south on Highway 63 during the fire, even as flames burned high in the trees

beside the road.

Transportation Minister Brian Mason said the previous government announced the plan but did little to turn it into a reality.

"They never put it in the capital plan," he said. "Many things were announced and then later on quietly removed."

But while Mason is critical of the government for announcing but not funding the road he has no immediate plans to change that.

Mason said the government would look at secondary routes out of the city but could make no commitments.

Interim Progressive Conservative leader Ric McIver, who was transportation minister at the time, said the government had other priorities and couldn't follow through.

He said for all of Mason's criticisms, he isn't funding the road either.

"It sounds like in one breath he is criticizing the decision, but in his budget he is endorsing it."



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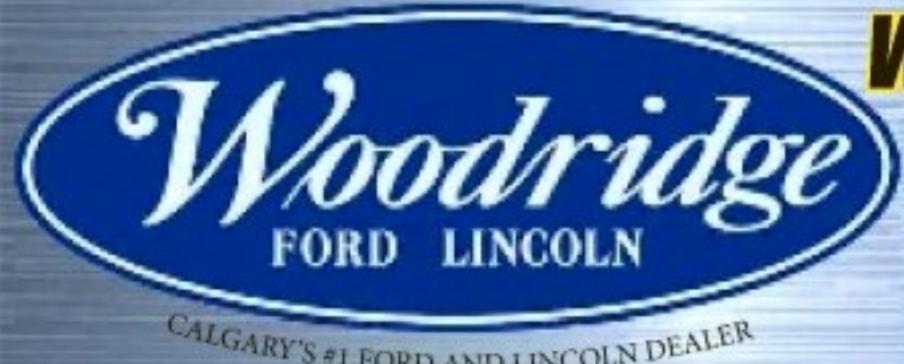


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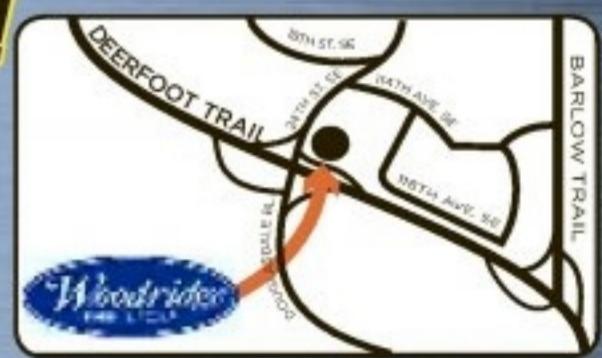


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Calgary to explore bid on 2026 Winter Olympics

SPORT

City spending up to \$5M on researching cost of a bid

Brodie Thomas
Metro | Calgary

Can't you feel it? That's the feeling of the City of Calgary embarking on a long and possibly expensive journey towards a bid for the 2026 Winter Olympics — 38 years after the city's successful 1988 Winter Games.

But it's a small gamble now that could have big payoffs later, according to some city councillors. Calgary City Committee approved spending up to \$5 million Monday night on a 15-month bid exploration phase. About \$1 million of that money could be raised by private citizens who believe strongly in the project.

The numbers were laid out for council — first behind closed doors and then again in council chambers for the sake of the media — by Marco De Iaco, executive director of the Calgary Sport Tourism Authority (CSTA). The CSTA's pitch focused first and foremost on the economic benefits.

"The report states that the games to Calgary could generate



While the euphoria of the 1988 Winter Olympics was evoked throughout Monday night's council discussion, councillors also asked about the numbers, and whether or not spending \$5 million to explore a bid could pay off in 10 years' time. METRO FILE

\$3.7 billion in added GDP to the Alberta Economy, \$2.6 billion of additional labour income, and the creation or support of 40,000 jobs," said De Iaco. He said other spinoff possibilities could be endless in tourism dollars and the good publicity that would come from having the world media in town for a few weeks.

The pitch hinges on new,

lighter expectations from the International Olympic Committee known as Agenda 2020. That plan will supposedly have a more transparent, less costly bidding process, and will encourage reusing existing facilities — something Calgary's fortunate to have maintained since the 1988 Winter Olympic Games.

CSTA chair Doug Mitchell ad-

dressed council and suggested the city's name would stand out among other world cities that might also be bidding.

"The IOC has already asked the COC (Canadian Olympic Council) if they thought we would be putting a bid forward for Calgary," said Mitchell. "So I think the past games and the opportunities we have based on reputation, make

+ WEBSITE

If the City of Calgary does decide to bid on the 2026 winter Olympics in 2019, it at least has the website locked down.

First reserved in 2012, both calgary2026.com and calgary2026.ca are currently registered to the City of Calgary, according to the whois domain web registry.

a very significant difference on us bidding."

The only two councillors to vote against the exploration money were Couns. Druh Farrell and Sean Chu — Shawn Keating was not present for the vote.

Farrell said she was worried about confusing the province on its project priorities with already limited funds.

"I also have a worry about the IOC," she said. "It's a deeply, deeply corrupt organization."

Speaking to reporters after the vote, Mayor Naheed Nenshi made it clear that this idea has been brewing for some time.

"What council heard today is that it's time. It's time to explore this bid in detail."

He promised a transparent process that will have many off-ramps if things go sour. "We will, as always, make the decision in public. We will make the decision using the best possible data," said the mayor.

TRANSIT

Union has time to save jobs

Calgary city council and the union representing transit workers have come to an understanding over 80 potential job cuts within the service.

An independent auditor proposed the cuts after conducting a Zero-Based Review (ZBR) on the service. ZBRs look for efficiencies without affecting frontline services to customers.

One of the auditor's recommendations included "outsourcing" janitorial and outdoor maintenance jobs to private contractors, with potential savings listed at \$2.7 million. Although Mayor Naheed Nenshi praised the ZBR process, he said some shortcomings were found with this latest one.

"It has become clear that we had a problem in the process in that we didn't talk fully to the stakeholders and we didn't talk to the union," he said.

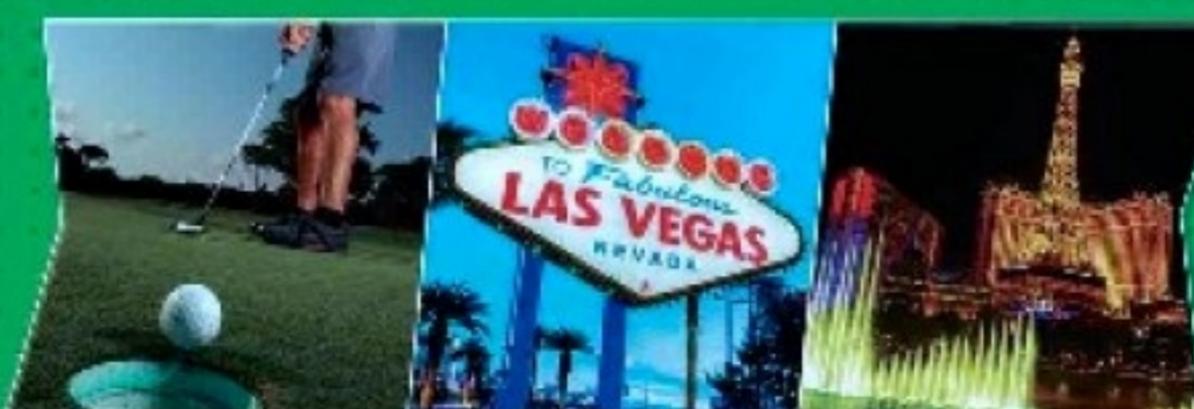
Council accepted the recommendations of the ZBR report after Mayor Nenshi proposed adding an amendment that would give administration time to further explore alternative options to provide cost savings.

That gesture of goodwill was not lost on Amalgamated Transit Union Local 538 president Rick Ratcliffe.

"We have a little time to work with Calgary Transit and we do have a good working relationship with them, so we'll try to use that to our advantage and find a result where we can save jobs and they can save money," he said.

BRODIE THOMAS/METRO

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ECONOMY

Gay Rodeo organizer folds

 **Brodie Thomas**
Metro | Calgary

The group behind the Gay Rodeo has "ceased all operations, effective immediately" according to a statement.

In that statement, the Alberta Rockies Gay Rodeo Association (ARGRA) cited sponsorship problems as a result of the downturn.

"Over the past year, ARGRA has done everything that it could to operate in this difficult economic environment; however, it became clear that despite our best efforts it was necessary to cancel the 2016 Canadian Rockies International Rodeo and Music Festival," read the statement.

ARGRA said further to that, it has disbanded. Its response did not address financial questions that surround the event.

One woman who had purchased tickets to the event told Metro she was applying for a refund through PayPal because ARGRA was not responding to refund requests.

PAYDAY LOANS

City passes industry regulations

Councillors have approved moves to further regulate the city's payday loan industry.

Payday loan businesses will now have to apply for business licences, and post information and alternatives for those seeking quick cash both verbally and in signage after council voted, almost unanimously, in favour.

Coun. Sean Chu said he's unsure why the city is stepping into provincial bounds and overregulating the industry.

HELEN PIKE/METRO



Premier Rachel Notley unveiled the NDP's Climate Leadership Plan in November 2015. COURTESY GOVERNMENT OF ALBERTA

NDP has spent \$4.4M on climate plan ads

POLITICS

Wildrose Party says money could better serve Albertans

 **Jeremy Simes**
For Metro | Calgary

The NDP government has spent more money to advertise its plan to tax carbon than the former Progressive Conservatives spent to promote its 2013 and 2014 budgets, and its Building Alberta campaign, combined.

On Monday, the NDP said it spent \$4.4 million on campaign costs to promote its Cli-

mate Leadership Plan online, and through television, radio, print and cinema.

By contrast, that's about \$685,000 more than what the PCs spent on the 2013 and 2014 budgets, and the Building Alberta campaign; those three campaigns totalled about \$3,715,000.

Todd Loewen, Wildrose environment critic, said he thinks the NDP could've made better use of the \$4.4 million by possibly spending it on roads, health care or education.

"If they have to spend that much money to sell it, obviously Albertans aren't buying it," Loewen said. "They continue to spend money on promoting their agenda, and really they need to spend money supporting Albertans."

But the ads are to "inform

 **It is government's responsibility to share information.**
Matthew Williamson

Albertans about how the plan works, how it affects them, what supports are available and what it will accomplish," said Matthew Williamson, deputy director of communications with the Office of the Premier, in an email.

"It is government's responsibility to share information with Albertans about how our Climate Leadership Plan will diversify our economy, create new jobs and improve the quality of the air we breathe," Williamson added.

But Loewen said the govern-

ment "can't provide the services Albertans need" at a time when it's spending more.

But Williamson said he finds it "rich" the opposition would spend the ad money on schools and health, as the Wildrose "is proposing billions of dollars in cuts to our hospitals, schools, and roads."

According to the government, the NDP has increased infrastructure spending by 15 per cent through the capital plan, as money will go toward roads, housing renewal, flood mitigation and the Calgary Cancer Centre, among others.

With the carbon levy, filling up at the pump will cost an additional 4.49 cents per litre in 2017 and natural gas will cost an additional \$1.517 per gigajoule when the tax is fully implemented.

GREEN LINE

No LRT money for tax freeze

 **Helen Pike**
Metro | Calgary

Hands off the Green Line funding, tax cutters. Calgary's Mayor Naheed Nenshi is warning councillors like Ward Sutherland, on a crusade to get the tax increase to 0 per cent, that they should stop sniffing around the set-aside taxroom for the Green Line.

"I'll be very blunt, members of council looking for some one-time money next Monday when we start talking about tax rates, I will find you the one-time money elsewhere," said Nenshi.

"Do not go after the money for the Green Line because I cannot go into a negotiation with the provincial and federal governments asking them for a commitment, while the city is reneging on our own commitment."

Last week, Sutherland put a stake in taking the city's designated \$52 million from the Green Line savings account and allocated it to city services instead, so property taxes can stay frozen from 2017 to 2018 because, as he told Metro, "the Green Line is delayed anyway."

On Monday, Coun. Shane Keating asked if the Green Line was indeed delayed.

"I would not characterize the Green Line as being delayed," said transportation boss Mac Logan.

"We had set out a schedule of milestones for council to review ... we have not hit our fastest optimal times, but to say that the overall project is delayed — no, we never have had a set time."

Logan and Nenshi noted the federal and provincial governments are watching Calgary.

"The numbers are getting very, very big, and a little bit scary," said Nenshi. "Those are the numbers I need to walk into the negotiations with the federal and provincial governments that will happen over the course of this year."

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'You can see the effects'

MENTAL HEALTH

Trauma the root of problem, says family of Joey English

Lucie Edwardson
Metro | Calgary

The cousin of an aboriginal Calgary woman whose body was found earlier this month is speaking out about the role he believes intergenerational trauma has played in their family's misfortune.

Parts of Joey English were found in the community of Crescent Heights June 8 by a park user. Calgary police continue their investigation.

Joshua Jordan Weise, 40, of Calgary, is charged with one count offering an indignity to human remains. Weise will appear in court Tuesday morning.

Brailon English describes his cousin, Joey, as bubbly, kind and somebody who was open with others — but he said intergenerational trauma is part of the reason



Parts of Joey English's body were found in a lightly-forested area in the northwest community of Crescent Heights June 8. Police continue to look for more body parts. CONTRIBUTED

Joey struggled in life.

"It's been there since I was a kid," he said.

"My parents, all of my aunts and uncles, my cousins...you can see the effects of everything that has happened in their lives. The last residential school closed in the 90s

so we're still seeing the effects today."

Brailon said Joey, like many members of her family, was suffering from both mental health and addiction issues.

"It's something that aboriginal people have turned to in order to cope," he said.

According to Brailon, Joey recently tried to access help when her anxiety medication ran out, but was turned away because she was intoxicated.

"Being denied when you try to get help makes you hopeless," he said.

"They didn't think, maybe

+ MORE COVERAGE

See tomorrow's Metro to learn about a local organization combating intergenerational trauma with local families.

that is why she is intoxicated — because she's trying to deal with her trauma in her own way."

Brailon said he worries that when people find out someone suffers from addiction all sympathy and empathy is lost.

"She was a mom, she was a sister and she was someone's daughter," he said. "Her body was defaced in the worst possible way."

Brailon said in the last few years her family has lost many members to suicide, as well as had two cousins murdered in Lethbridge.

He said he hopes to help spread awareness and create understanding about the effects of intergenerational trauma, and find ways for his family, and others, to learn how they can move forward in a positive fashion.

CULTURE Aboriginal awareness week begins

Helen Pike
Metro | Calgary

In an opening ceremony filled with tradition, drums, music and emotion, Calgarians kicked off the 20-year anniversary of National Aboriginal Day and the city's awareness week celebrations.

For the week of June 20 - 25, events across the city will honour Aboriginal history, facilitate conversation on reconciliation, talk history and promote pride in Aboriginal cultures.

On Monday, hundreds gathered in Olympic Plaza, where the week's kick-off was marked by speeches from Mayor Naheed Nenshi, and Elders, videos from people in the Aboriginal community and free food.

This year's theme is "keeping the circle strong," and will focus on celebrating children, youth and young adults.

Events are being held across the city and include youth achievement awards, elder's teachings, BBQs, Pow Wows and culminate in a closing round dance.

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NMC

Music returns to King Eddy after 10 long years of silence

Aaron Chatha
Metro | Calgary

After 10 years of silence, music will finally return to the famed King Eddy, in its new home at the National Music Centre (NMC).

The hotel first opened its doors in 1905, originally referred to as Whisky Row. It was the first de-segregated bar in Calgary.

During the 80s and 90s, the hotel became a hub for live music in Calgary. The King Eddy closed its doors in 2004, but has been restored as part of the NMC.

"The King Eddy was really the main inspiration for the National Music Centre's location," said NMC president Andrew Mosker.



NMC's Andrew Mosker wants to see the King Eddy back to its glory days. COURTESY LEBLOND STUDIO

"We wanted to capture some of that essence, of what a great live music venue is and what the King Eddy was in this new era."

Beginning on July 8, just in time for the Calgary Stampede,

the King Eddy will become a country bar packed with performances from classic country, rockabilly, blue grass and western-swing musicians.

"We wanted to offer something that added to the Stam-

pede, and for those thrill-seekers looking for an authentic live music experience in an intimate space, the King Eddy will be able to offer that."

The venue will twang out the jams from 11 a.m. to 2

I believe I was put on the planet to do these kinds of things — a music ecosystem builder.

Andrew Mosker,
National Music Centre
president

a.m. from July 8 to 17, allowing visitors to pop in during the day and listen to DJs spin classic country vinyl — with impromptu performances.

Event headliners include Petunia and the Vipers, Steve Pineo and Leeroy Stagger.

Mosker said the return of the Eddy was one of his proudest accomplishments through his work with NMC.

"I believe I was put on the planet to do these kinds of things — a music ecosystem builder," he laughed.

The NMC officially opens its doors to the public on Canada Day.

BACKYARD BYLAWS Skaters' wheels in motion

Helen Pike
Metro | Calgary

Backyard skate ramp enthusiasts, start hammering.

On Monday, Calgary's city councillors approved new provisions to the city's bylaws allowing skateboarders and other ramp users to have their own private set up in their backyards.

"This was put in in the 1990s, and it doesn't make sense for the day," said Coun. Evan Woolley.

After a debate about noise concluded, council moved recommendations by administration 10 to 5. Now, the bylaw allows sports ramps during the day until 10:00 p.m.

Coun. Ward Sutherland voted against the ramps. He said his constituents were concerned about the quality of the noise

— which he described as different than a trampoline with the "hugh-shuck clang" of wheels.

"After an hour of the clanging, when you're spinning around it can put you over the edge," he said.

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HIGH RIVER

Flood-hit community still rebuilding

It's been a busy three years for one of the southern Alberta communities hardest hit by extensive flooding three years ago.

The mayor of High River south of Calgary says the town has come back stronger than ever, even though it hasn't been easy.

Craig Snodgrass says the first priority was to protect the town by building new berms and dykes on the Highwood River to handle a flood 50 per cent

larger than in 2013.

The river flooded much of the community and turned downtown streets to raging rivers; it took weeks to pump water from one neighbourhood called the Hamptons.

All 13,000 residents of the town had to leave and scores had to be rescued from rooftops as water rose over the tops of cars.

Snodgrass says the downtown area has seen some big

changes that have made the town more walkable and more appealing to businesses.

The province says the floods were the worst in Alberta's history. More than 125,000 people were forced to flee and more than 30 communities were affected.

Some residents are still dealing with flood-related issues.

"There's a lot of construction that we're finishing up this year, a new provincial build-

ing being built with 100 and something employees in downtown High River," Snodgrass explained.

"That just feeds all the retail and the restaurants and the service industries."

Cities and towns stretching from the Rocky Mountains in the province's west all the way east to Medicine Hat were damaged. High River had 350 millimetres of water over a two-day period. THE CANADIAN PRESS



Kids who get vaccinated against pneumonia and meningitis are effectively protecting adults who can't get the vaccine.

METRO FILE PHOTO

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Vaccinating kids protects at-risk adults

U OF C STUDY

Researchers say 'herd effect' works in homes too

 **Jeremy Simes**
For Metro | Calgary

Adults at risk of catching pneumonia, but can't get vaccinated due to their chronic diseases, are likely in luck if their children are protected against the nasty lung infection, according to a new University of Calgary study.

The study, led by Dr. Jason Cabaj — clinical assistant professor at the Department of Community Health Sciences at the University of Calgary Cumming School of Medicine — found that the "herd effect" also works for adults whose kids are vaccinated against pneumonia and meningitis.

The study found that the benefit in child vaccination appears to be in both healthy adults and those who have underlying chronic illnesses.

In fact, researchers determined the levels of invasive pneumococcal disease (IPD)

decreased by 37 per cent after the vaccine was introduced to the public.

The vaccine, which protects people from the bacteria that causes diseases like pneumonia and meningitis, eliminates the ability for bacteria to "colonize" in people's noses and throats, therefore lessening their spread, Cabaj said.

That means people who aren't and can't get vaccinated against such diseases will have a lesser chance of being infected.

Adults who suffer from chronic diseases and can't get vaccinated are also more likely to develop pneumonia and, if they become infected, are more likely to develop potentially fatal complications, Cabaj added.

The study also shows the importance of vaccinating children as they are the "main reservoir" for pneumonia-causing bacteria, said Dr. Jim Kellner, who co-authored the study.

To get their findings, researchers evaluated the levels of IPD in Calgary over a 13-year time frame, both before and after the vaccine was introduced.

Researchers will continue to monitor the vaccine program to see how the spread of the disease affects communities.



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Nour Al Raies, pictured here with her kids, said the most important thing to understand about refugees is they had no choice but to leave their homes and countries. LUCIE EDWARDSON/METRO

Refugees tell of trials, victories

RESETTLEMENT

Three Syrian newcomers share their experiences

Lucie Edwardson
Metro | Calgary

In the last number of months thousands of Syrian refugees have come to call Calgary their new home.

In honour of World Refugee Day, June 20, Metro caught up with three Syrian refugees starting their new lives in our city.

Nour Al Raies, who came to Calgary with her four children and husband, said she's excited for their new life and home, but said what many don't understand is the immeasurable losses refugees have experienced.

"We left everything behind us and came to a strange new place where absolutely every-

thing is different," she said.

Al Raies said many think of refugees as immigrants, but said the difference is, refugees had no choice but to leave.

"We left our home because we're fleeing from war."

Al Raies said although language barriers have caused much difficulty during the resettlement process, one day she hopes to work as a translator to help others as her family was helped.

Younis Nasif was a lawyer back in Syria for 18 years. Now, in Canada his future and the future of his family is uncertain.

Nasif said although he initially feared leaving Syria for Canada, as soon as he met Canadians his fears were washed away.

"I didn't expect (what) I met," he said. "All Canadians helped us. They helped us find a home. They helped us get groceries. They helped us ride the bus. They always help."

Although his Canadian experience exceeded his expecta-

tions, he said there's one thing people don't fully understand about the refugee experience.

"I left my country like a healthy tree uprooted from the ground," he said. "Syria is my heart. Syria is my mother. No one chooses to leave their mother."

"I left four brothers and their families in the war, in the fighting, in the siege — that was not our Syria where Muslims and Christians once worked and lived together."

For 13-year-old Mohammad Al Hariri Canada is a safe place full of opportunity.

"I came here from a horrible war to a have good life in a safe country," he said.

For Al Hariri, who one day hopes to be a scientist studying planets, the best part of Canada is the inclusive spirit.

"If you're Christian, if you're Hindu, if you're Muslim — it doesn't matter," he said.

For more information about Syrian refugees and how you can help visit: www.yycsyr.ca

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THEATRE

IGNITE! festival jam packed with many breeds of emerging talent

Aaron Chatha
Metro | Calgary

This year's IGNITE! Festival is clucking packed with emerging and experimental performances.

For example, Soft Face and Featherless is a show written from the perspective of a very sad chicken named Mike, who will never fly.

"He tells us the story of a boy named Antoine Featherless, who, from the moment he's born, is flung from the hospital window," explained performer Elliot Vaughan. "He leads a very short, very exhilarating life — spent entirely in flight."

Created with Elysse Cheadle,



Elysse Cheadle performs from the perspective of a sad chicken. AARON CHATHA/METRO

the pair perform the piece with the melodrama of a rock concert — overblown and very physical.

And despite the high concept, it's not at all out of place in the festival's line up — which includes an intense comedy called The Cows which comes with a lactose content warning.

"It was definitely pivotal in giving us the connections and relationships we needed to do our work."

The festival runs from June 21 to 26. Soft Face and Featherless are featured in shows on June 21 to 23. For more information, visit sagetheatre.com.

ly working in the city either came up through IGNITE! or have been part of IGNITE!" said Sage Theatre Artistic Director Jason Mehmel. "I myself am an Ignite alumni from 2006."

"A lot of artists current-



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'A different kind of yoga'

BRITISH COLUMBIA

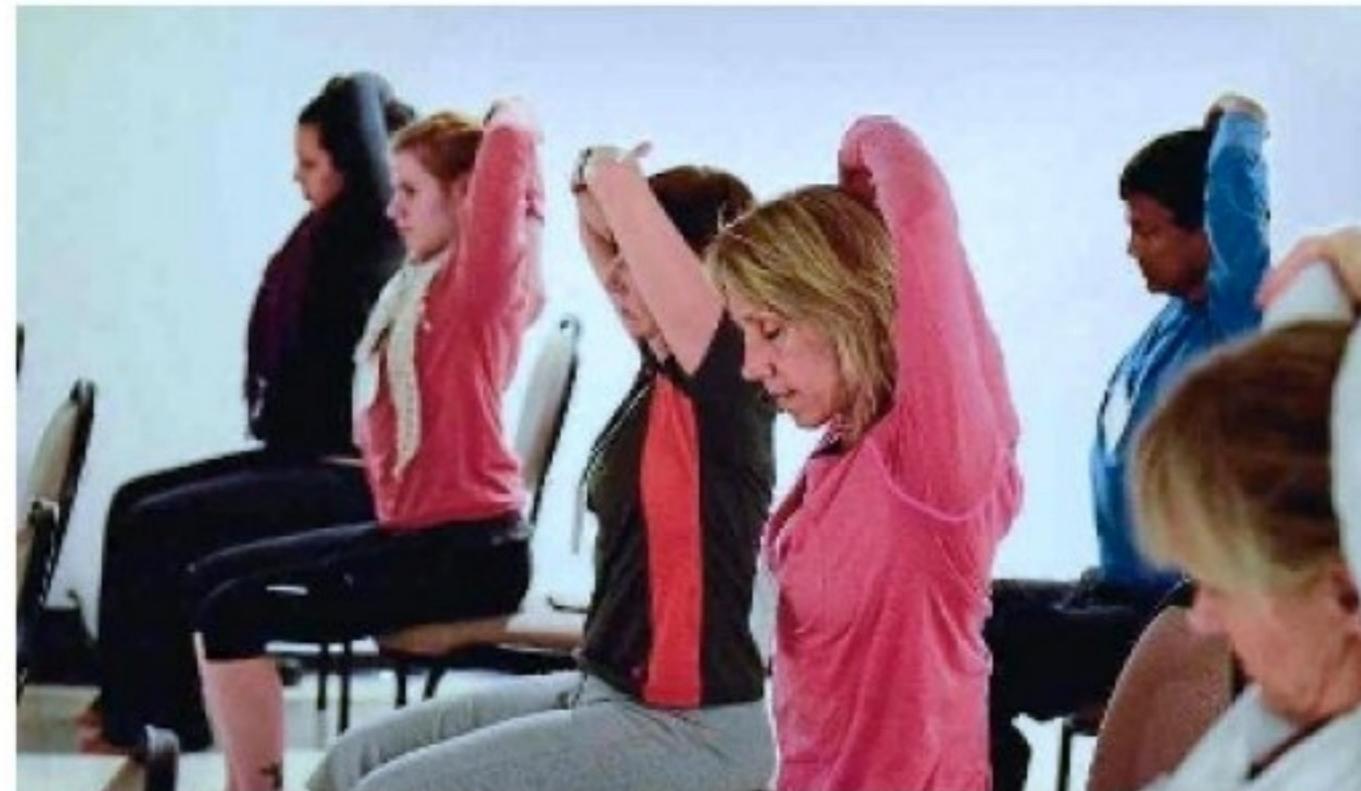
Pilot program launches yoga for domestic abuse victims

 **David P. Ball**
Metro | Vancouver

Women's anti-violence shelters across British Columbia are poised to offer a unique adaptation of yoga — one based on an understanding of trauma.

The B.C. Society of Transition Houses is rolling out the mat for a pilot project to eventually bring "trauma-informed yoga" to 25 shelters across the province, starting with four initial sites, in hopes that the practice will better support women and children fleeing domestic abuse in healing.

For many women in transition houses across B.C., it will be their first experience of yoga at all, said the executive director of one of the first shelter organizations accepted into the program, Dixon Transition



A pilot project in B.C. has launched to teach trauma-informed yoga to clients and staff at 25 shelters across the province. CONTRIBUTED

Society in Burnaby.

"I think it's going to be a first time for a lot of the clients," Pany Aghili told Metro. "It's a different kind of yoga, though. It doesn't focus heavily on poses and there's no correction — it's meant to support people to process their thoughts and tap into

their inner strength."

Trauma-informed yoga is adapted to not ask participants to imitate a teacher; there are no set poses, instructions to follow, or hands-on posture corrections that could trigger someone with trauma.

"With interpersonal and do-

mestic violence, a large factor at play is coercion and control," said Sarah Holmes de Castro, Yoga Outreach's programs director and a yoga facilitator. "We're talking about women who may not have had a lot of choice in their lives ... so we're offering everyone an invitation to par-

ticipate as they want."

Yoga Outreach's approach therefore may not even involve a yoga mat, but instead sitting in a chair. And instead of difficult postures, many of the practices are much easier movements or basic meditation exercises.

The trainings are part of the Reaching Out With Yoga project, offered by the B.C. Society of Transition Houses (BCSTH) in partnership with Yoga Outreach. The BCSTH's membership coordinator, Hannah Lee, told Metro that its members across B.C. showed an "overwhelming response" when asked about the idea.

Renée Turner, research coordinator for the project, said its approach to yoga is grounded in "a more gentle and sensitive way" of having women tap into their strength.

BLOOD Donations less strict for gay men

Health Canada is making it easier for gay men to give blood, so long as they have been celibate for one year.

Canadian Blood Services and Hema-Québec will now be allowed to accept blood from men who have had sex with men as recently as one year ago.

"It's certainly a step in the right direction," Health Minister Jane Philpott said Monday.

"There is an incredible desire and certainly a commitment on the part of our government to work towards further decreasing that donor deferral period. We will be actually looking for mechanisms to be able to support that."

"The desire is to be able to have those deferrals based on behaviour as opposed to sexual orientation."

Health Canada is also giving the blood donation agencies \$3 million to support that potential goal, she added. "We will putting part of that towards research on behaviour-based donor deferral programs."

Health Canada said the change comes after Canadian Blood Services and Hema-Québec provided scientific data that the change would not compromise safety.

The move brings Canada in line with a number of other countries, including the United States, Australia, New Zealand, England, Scotland and France.

Canada lifted the lifetime ban on gay men donating blood in 2013, requiring instead that potential male donors not have had sex with other men for five years.

Dr. Dana Devine, chief medical and scientific officer with Canadian Blood Services, said that gave them two years of data to study.

"I think we were able to demonstrate that there was no negative effect of going to a shorter time period," Devine said in an interview. THE ASSOCIATED PRESS

IN BRIEF

AFGHANISTAN

Kabul terrorist attack 'cowardly,' Trudeau says

A suicide bomber killed 14 Nepalese security guards who were on their way to work at the Canadian Embassy in Kabul on Monday.

The guards were en route to the embassy in a minibus when the explosion took place, according to a Nepalese guard who was wounded in the attack.

The Canadian Embassy in Kabul confirmed what it called a "cowardly attack" on its security company, but noted that there had been no attack on its embassy premises.

The bombing was also con-

demned by Prime Minister Justin Trudeau.

"Today's attack on security workers in Kabul is appalling and cowardly," he tweeted.

The bomber was on foot when he struck the minibus carrying the guards, said Gen. Abdul Rahman Rahimi, the city's police chief. He did not identify the foreign security company the guards work for.

The Afghan Interior Ministry confirmed that all 14 killed were Nepalese citizens, describing the attack as the work of a "terrorist suicide bomber." It said the

explosion also wounded nine people, five Nepalese employees and four Afghan civilians.

Amrit Rokaya Chhetri, a Nepalese guard wounded in the attack, told The Associated Press they were on their way to the Canadian Embassy when the blast took place.

"Many people died," Chhetri said from his hospital bed. "I say to my family, I am OK and I will come home."

A Taliban spokesman claimed responsibility for the attack in a statement to the media.

But in a conflicting statement,

Afghanistan's Daesh affiliate also claimed responsibility, identifying the suicide bomber as Erfanullah Ahmed and saying he carried out the attack by detonating his explosives' belt.

The attack was the latest to hit Kabul as the Taliban have stepped up their assaults as part of their summer offensive.

Abdullah Abdullah, the country's chief executive officer, condemned the attack in a posting on Twitter, saying: "This attack is an act of terror and intimidation."

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Minister of Immigration, Refugees and Citizenship John McCallum holds a painting that Hamza Ali, 13, presented him with in Ottawa on Monday. ADRIAN WYLD/THE CANADIAN PRESS

From a Syrian refugee, with love

RESETTLEMENT

Syrian boy gifts immigration minister with a painted portrait

Federal politicians meet a lot of people, but Syrian children don't meet a lot of federal politicians — let alone the same one twice, in two different countries, each a world apart from the other.

Hamza Ali, 13, remembers clearly the day last November when a trio of Canadian cabinet ministers trooped into an



“Before, all our work was sorrowful. Now we've started painting happy things. Mohammad Ali, Hamza's father

ad-hoc art gallery set up in the Zaatari refugee camp in Jordan.

Ali, one of the artists, shook the ministers' hands and explained the concept behind his gripping paintings of women and men struggling with life and the war in Syria.

Immigration Minister John McCallum told Ali he was struck by the symbolism of a painting showing a woman carrying a map of Syria on her back up a flight of stairs, a heavy red sky in the background.

"Women do all the heavy lifting," McCallum remarked.

That painting now hangs in Health Minister Jane Philpott's office in Ottawa. McCallum didn't have one — until Monday.

The ministers left the camp and went on to open a massive refugee processing centre near Amman that would eventually see thousands of refugees interviewed and screened to come to Canada.

Five of them ended up being

the Ali family.

Since February, they've lived in the national capital — Hamza utterly oblivious to the fact his painting was hanging in a high-powered government office just a few minutes away.

When his family was invited Monday to an event in Ottawa to mark World Refugee Day, he and his father decided to paint another.

The idea, they said through a translator, was to offer a thank you to the minister who may not have bought one of the paintings but — unbeknownst to the minister — had given them the gift of a new life in Canada. THE CANADIAN PRESS

IN BRIEF

U.S. ELECTION

Trump team gets shaken up

Donald Trump abruptly fired campaign manager Corey Lewandowski on Monday in a dramatic shakeup designed to calm panicked Republican leaders and end an internal power struggle plaguing the billionaire businessman's unconventional White House bid.

In dismissing his longtime campaign chief — just a month before the party's national convention, Trump signalled, at least for a day, a departure from the seat-of-the-pants style that has fueled his unlikely rise in Republican politics. Perhaps more

than anyone else in Trump's inner circle, the ousted aide has preached a simple mantra: "Let Trump be Trump."

"I have no regrets," Lewandowski told CNN, just hours after he was escorted out of Trump's Manhattan campaign headquarters. Still, the former conservative activist seemed to acknowledge the limitations of his approach, which has sparked widespread concern among the GOP's top donors, operatives, elected officials, and even some of Trump's family members.

THE ASSOCIATED PRESS

+ ARREST

Man who tried grabbing gun wanted to kill Trump

A man arrested at a Donald Trump rally in Las Vegas said he tried to grab an officer's gun so he could kill Trump, the Secret Service said.

A complaint filed Monday charges Michael Steven Sandford with an act of violence on restricted grounds.

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N.Y.C. eyes Airbnb ad ban

SHARING ECONOMY

Proposal seeks stiff fines for short-term rental ads

A proposal to outlaw online advertisements for short-term New York City apartment rentals on sites like Airbnb has cleared the state Legislature.

It's already illegal to rent out apartments for less than 30 days in the city.

The measure heading to Democratic Gov. Andrew Cuomo's desk would establish graduated fines of up to \$7,500 US for advertising online or elsewhere for short-term rentals, which have expanded with online platforms.

"Airbnb has created a black market for illegal hotel operators," said Assemblywoman Linda Rosenthal, a Manhattan Democrat and bill sponsor. The practice reduces affordable housing for city residents, she said.

Josh Meltzer, Airbnb head of public policy, said lawmakers



Supporters of Airbnb hold a rally outside City Hall in New York in January 2015. THE ASSOCIATED PRESS

"cut a last-minute deal with the hotel industry" to pass the bill. He called it "a bad proposal that will make it harder for thousands of New Yorkers to pay the bills."

The penalties range from up to \$1,000 US for a first offence, \$5,000 US for the second and

\$7,500 US for the third.

Existing law prohibits owners or renters of apartments in multiunit buildings from renting them for less than 30 days unless they remain present. It permits having boarders or renting rooms.

Airbnb's analysis shows

some 24,400 city hosts have made rentals.

"This is a bad bill driven by the hotel industry that will actually exacerbate the affordable-housing crisis," said Airbnb spokesman Peter Schottenfels.

State Attorney General Eric

This is a bad bill driven by the hotel industry.

Peter Schottenfels,
Airbnb spokesman

Schneiderman, who investigated Airbnb rentals from 2010 to 2014, called the bill's passage "a positive step" needed if Airbnb can't police itself. His office found 72 per cent of the units in the city were illegal, with commercial operators constituting 6 per cent of the hosts and supplying 36 per cent of the rentals, he said.

Airbnb said in late 2014 that it had removed more than 2,000 of the New York listings that violated state or city laws.

Sen. Andrew Lanza, a Staten Island Republican and bill sponsor, said it's aimed at those who run illegal hotels in residential areas and doesn't target homeowners or interfere with property rights.

THE ASSOCIATED PRESS

STATISTICS CANADA Shadow economy tag: \$45B

Statistics Canada says the underground economy totalled \$45.6 billion in Canada in 2013, or about 2.4 per cent of gross domestic product.

The federal agency says more than half of the total can be attributed to three industries.

The largest, residential construction, accounted for 27.8 per cent, while retail trade accounted for 12.5 per cent and accommodation and food services 11.7 per cent.

Overall, underground activities related to household spending amounted to \$2,156 per household in 2013.

Statistics Canada added that the underground economy as a proportion of GDP was relatively stable in every province and territory in 2013.

The agency defined the underground economy as economic activities, whether legal or illegal, that escaped measurement because of their hidden, illegal or informal nature. It excluded activities such as illegal drugs and prostitution.

THE CANADIAN PRESS

CANADA PENSION PLAN TALKS

Ministers reach agreement, premiums to increase in 2019

Most of Canada's finance ministers reached an agreement in principle Monday to revamp the Canada Pension Plan, although Quebec and Manitoba have not signed on to the deal.

Under the agreement, which would go into effect in 2019,

contributions for a typical worker earning about \$55,000 would initially increase by \$7 a month and employers would match those contributions.

The plan would be phased in over seven years until 2025 and it means when people retire

their maximum annual benefits would increase by about one-third to \$17,478.

Finance Minister Bill Morneau said they're going to improve the pension plan in a way that will make a difference to working Canadians.

Ontario Finance Minister Charles Sousa said after the meeting that what they achieved Monday was for Canada's youth. "Today, this federal government has shown great leadership and great desire to do something of great benefit

for our young people."

Sousa said the plan would replace the one his government had been working on.

British Columbia Finance Minister Mike de Jong said the plan is affordable for employees. "I think we have reached

a balanced approach to setting the objectives."

A change to the CPP needs the consent of Ottawa and a minimum of seven provinces representing at least two-thirds of the country's population.

THE CANADIAN PRESS

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ROSEMARY WESTWOOD
ON RACHEL NOTLEY'S GOLF-COURSE TREATMENT

Just as a cake recipe must be adjusted depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

Grown men will be boys, as the saying goes.

So when the Big Country Oilmen's Association took an image of Alberta premier Rachel Notley's face and used it for target practice at their weekend golf tournament — well, "everybody had a good laugh," Ernest Bothi, the association's president, told media.

"It was good-hearted laughter," he clarified.

Perhaps he missed the Facebook video of a golf cart careening towards Notley's face and bowling it over, amid a soundtrack of unfriendly glee. "Good-hearted" also wasn't exactly the impression he left in the press. Bothi was "fed up" with the oil economy and frustrated at government, he told the CBC. "A lot of good people have invested their entire life into this industry and for what? So that a government can strip it away from us?" he said.

When asked if he was sorry, he countered with: "For what? For being frustrated? For possibly losing my home and possibly losing my business because of this government? No."

And there you hear real anger that inspired this "good-natured" golf gag.

Bothi later did apologize, after the story picked up steam and he learned British MP Jo Cox was murdered last

The feminist outrage was not well measured. The only ones holier than those crying sexism were those blaming the NDP for all but original sin.

week. His "timing was poor" and had he known, there would have been no Notley cameo at the tournament.

In making such a declaration, Bothi suggests he believes there's a link between symbolic, even joking, violence against women and actual violence against women, even if it only amounts to poor taste. But you can't

have it both ways, sir.

Yes, sexism and violence against women are entwined, and that's why effigies of Rob Ford and Stephen Harper and Ralph Klein never made quite the headlines of the Notley prank. Bothi wasn't applying his judgment to the wider context, as we should. Just as a cake recipe must be adjusted depending on altitude,

critiques of women politicians, however innocuous, must account for the temperature of misogyny.

But neither was the feminist outrage well measured. In the comment sections, the only people holier than the ones crying sexism were the ones seemingly blaming the newly empowered NDP for all but original sin.

In truth, at least according to Facebook (Bothi didn't respond to an interview request), anger — not goodness and not sexism — seems to be at the root of the whole thing. Bothi's feed is populated by comments thick with personal jabs, sweeping criticisms and little nuance.

Albertans are a "gullible electorate" and Alison Redford is an "arrogant, lying, pork barrelling pig of a premier," a "Marie Antoinette" (sic) whose party will hopefully show "the politically guillotine and cuter her bitumen bubblehead off."

Also, the Toronto media is "corrupt" for publishing Rob Ford's crack video, "most of the Libs and NDP's" on Parliament Hill are criminals and Justin Trudeau is a "pretty boy" and an "air-head."

This week, to the media, Bothi took a decidedly more measured tone. "I'm sure she's a wonderful person to sit and drink coffee with, but I just wish she'd have a change of heart on what she's doing, especially with this carbon tax," he said of Notley.

Likewise, I'm sure Bothi might be a nice enough man to have a beer with, and while I sympathize with the fear he and many oil workers must be feeling, I wish he'd have a change of heart on how he's behaving, especially with all this vitriol stuff.



Making Calgary's playgrounds fun again

KLASZUS' CALGARY

Jeremy Klaszus



Look around Calgary, and you can see playgrounds — those formative geographies of childhood — getting a much-needed reboot.

How often do you pass empty playgrounds in this city? The sad truth is that we often slow down to 30 km/h to pass structures that are built for kids but barren of them.

The reasons are well documented: Our cities aren't very walkable. Kids walk less than they used to, spend more time in front of screens and are generally more sedentary. Parents are overprotective.

But there's another aspect that gets less consideration. Most city playgrounds are located by quiet, empty green space, and many just aren't that interesting or fun.

Enter the "adventure playground," a concept that's popular in Europe and cities such as New York City.

The movement is taking off in Calgary, thanks in part to the Lawson Foundation, an organization funding unstructured-outdoor-play projects throughout Canada.

This includes the City of Calgary's new "mobile adventure playground" rolling out in North Glenmore Park this week.

Instead of planting permanent play structures that kids may or may not end up using, city staff are going to different neighbourhoods with loose parts: boards, tires, cardboard and other materials that kids can build forts and other structures out of.

After a few days, the city will pack it all up and move to

another neighbourhood. Think of it as a pop-up playground.

It'll be tamer than The Land, a Welsh adventure playground where kids are encouraged not just to build their own structures but to start their own fires.

Even so, Calgary's pop-up playgrounds will likely push some parents out of their foam-mat comfort zones. And that's a good thing.

Telus Spark has adopted a similar philosophy of introducing riskier play for kids in their outdoor adventure playground, the Brainasium.

Kids climb up a giant webbed tower to go down a long slide. On ground level, they tool around on oversized teeter totters and unusually high swings.

And guess what? Children love being there. Because it's fun.

In East Village, a new playground is seamlessly integrated with nearby public space, including community gardens and public art. The area is still under construction, and already the playground is humming with activity.

Why? There are unusual play structures, such as a roller slide, but there are also tables and chairs right there. It's pleasant for all. You can bring a book and comfortably enjoy a coffee as the kids rip around.

Instead of mindlessly plopping down some swings and a bench and calling it a day, somebody sat down and thought through the entire experience.

Create appealing playgrounds and kids will be more likely to play along.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

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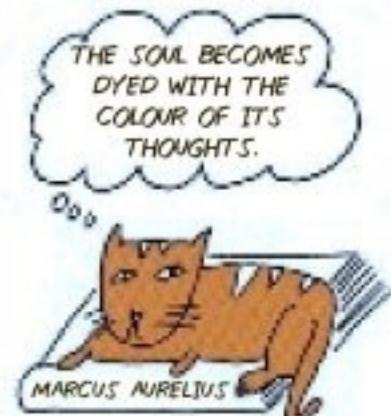
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Zika puts a damper on destination weddings

GUIDE

What you need to know ahead of your nuptials in faraway lands

Megan Haynes
For Metro Canada



Sarah Jawad's wedding almost turned into a \$200,000 nightmare. Right after she mailed invitations to her Cancun nuptials, the Calgary resident started receiving concerned messages from attendees.

Zika had arrived on the Mexican shores.

The virus, which is spread through mosquitoes, can cause serious birth defects among pregnant women, and as a result is having a negative effect on everything from weddings, honeymoons and babymoons.

Much remains unknown about the virus, so women wishing to start families are being told to wait up to 10 weeks before trying to conceive. In Canada, only those who show symptoms can be tested, which leaves a lot of uncertainty for couples in limbo.

"I didn't want to put any of our loved ones at risk," says Jawad.

"If I were to find out one of them had a child with a birth defect (because) of Zika, I wouldn't be able to forgive myself."

Jawad and her fiance worked with their travel agent to try and make some protection for the wedding party to be able to cancel on short notice, should the spread of the virus worsen.

When neither the agent nor resort were able to offer a guarantee that her 80-plus guest list could get some sort of refund on their \$2,000 per person trip should the situation worsen, the pair cancelled their dream wedding.

"That's almost \$200,000 we and our guests (were) investing

in our wedding," she says.

"But we were so frustrated by the generic answers we were getting, we didn't feel protected."

In the end, with only five months to go, Jawad changed their venue to Vancouver and started planning from scratch.

Thankfully, none of her guests had put in their deposits, and through negotiating she and her fiancé were able to recoup their funds for the wedding.

With more than 350 cases of confirmed Zika in Mexico, both the Canadian government and American Centre for Disease Control advise caution, recommending pregnant women and women who want to become pregnant avoid travel to the country at all and for everyone else, using mosquito spray liberally and covering up when outside, which Jawad says reinforces her decision to cancel.

Crystal Adair-Benning, owner of destination wedding firm Distinct Occasions, says while none of her clients have cancelled, the



Sarah Jawad and her husband Moufid Jarjour cancelled their wedding in Mexico because of Zika fears. CONTRIBUTED

Zika scare is changing the discussion for many in the planning stages of their weddings. Hawaii, which so far remains Zika free, has become a lot more popular in recent months, she says.

For anyone who has booked (both bridal party and guests), they may only have their insurance to fall back on if the spread of Zika worsens, she adds.

Even then, most insurance will only cover the funds for the pregnant party's travel cost.

If the bride and groom cancel or make changes, insurance won't usually cover guests' costs.

Those who opt to move forward with their weddings in Zika zones, Adair-Benning recommends including bug spray and

information guides in welcome kits, and making sure as much information is available to guests ahead of the big day.

While there is no social obligation on the bride and groom to refund their guests, there are some things to consider says etiquette expert Julie Blais Comeau.

Time is of the essence: as soon as a decision is made, guests have to be notified. For longer-leads (and when the invitation hasn't been sent out) a simple note saying the wedding has been postponed will do.

Couples are encouraged to disclose the reason ("Due to health risks associated with the Zika virus, we're making changes to our wedding plans,") though they don't have to tell people they're pregnant or starting a family, she says — that's up to the discretion (and comfort level) of the bride.

The closer you get to a wedding date, the more important phone calls become, providing as much detail as possible around the changes, she says.

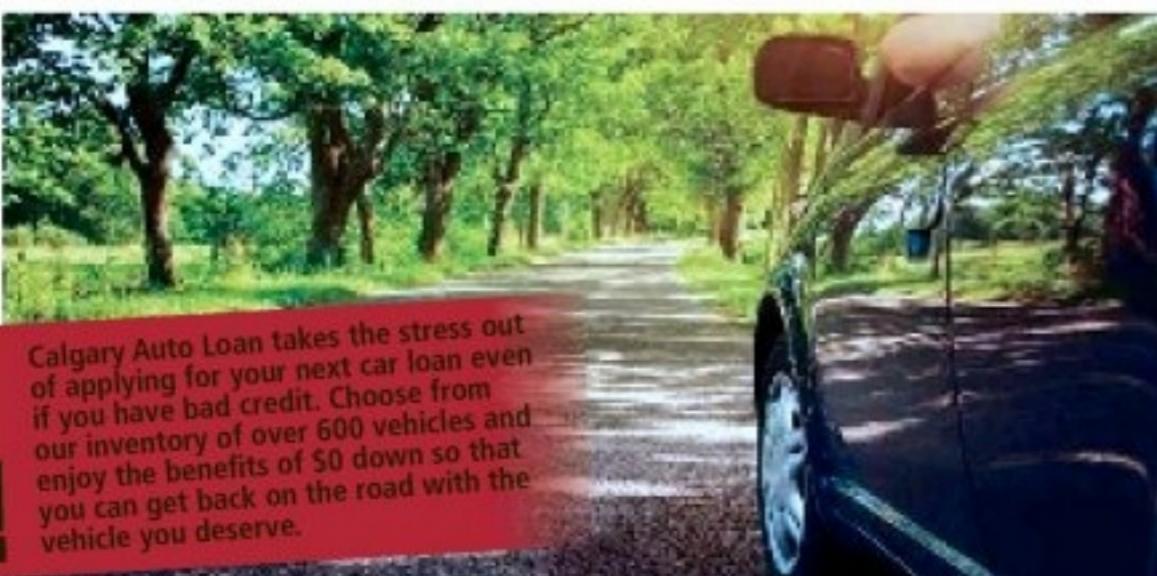
In the event of a cancellation of the entire wedding, all presents (from the engagement to the bridal shower to the wedding itself) are to be returned — no exceptions, she says. Above all, however, Blais Comeau preaches understanding: "Yes, (guests) may have incurred some costs, but be patient," she says.

"It can't be easy to cancel a wedding for whatever reason."

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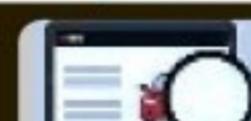


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Celebs put pseudo science on a plate

TRENDS

Alkaline diet full of veggies, but it won't help fight cancer

Supermodel Elle Macpherson is often described as "The Body," a nickname given to her by Time Magazine in 1989.

Over the years, she has also used The Body in her off-runway business ventures. Now Macpherson and The Body are selling the alkaline diet, the latest celebrity fad promising to revolutionize your life.

Three years ago, a nutritionist told Macpherson, 52, she was "too acidic" so she stopped eating red meat. "She also gave me this green powder to drink," Macpherson told The New York Times in May. Thus began her alkaline evangelizing. She is now selling, through her company WelleCo, something called The Super Elixir Alkalizing Greens.

Kate Hudson and Gwyneth Paltrow are other celebs who swear their alkaline diets, not their genes, keep them in perfect condition.

An alkaline diet is sugar-free, gluten-free, dairy-free, meat-free plan that shuns alcohol, caffeine and processed foods. Human blood is naturally slightly alkaline, with a pH of around 7.4, and the human body's systems work to maintain a very small range. The "pee-strip diet" is based on the idea that the pH of urine, which does fluctuate slightly, can indicate alkalinity or acidity because the kidneys are involved in maintaining the acid-base balance.

Chia, kale and coconut oil are on the rather limited menu, which emphasizes a plant-based diet and a lot of green juice. Protein comes from seeds, pulses and nuts. Tofu and eggs are sometimes allowed.

80%

NFL star quarterback Tom Brady claims to eat an 80 per cent alkaline diet.

It all sounds healthy, but the alkaline diet needs a bit of debunking, says Timothy Caulfield, Canada research chair in health law and policy at the University of Alberta. His last book wondered Is Gwyneth Paltrow Wrong About Everything? "It is still an evidence-free approach. Is it OK to use pseudo-science to trick people into eating better?"

Caulfield has heard "mutterings" about the alkaline diet for years, but it's recently taken off, he says, in part due to celebrity endorsements and the "science-y" feel of the pH jargon.

The diet does nudge followers toward healthier foods, and the alkaline "twist" helps drive the trend, Caulfield says. The diet is so strict most people will lose weight at first, but is near-impossible to maintain over a long time.

In her introduction to Alkaline

Cleanse: 100 Recipes to Cleanse and Nourish, released in May, U.K. author Natasha Corrett likens an alkaline diet to a cure-all: for better skin, weight loss, strong hair and nails, even curing her polycystic ovaries. An acidic body, on the other hand, is blamed for "everyday discomforts" like bloating, exhaustion and dry skin, as well as cancer, diabetes and heart disease.

Corrett laments the fact that this plant-based diet "is not recognized by the medical industry, perhaps because giant pharmaceutical organizations wouldn't be able to make money out of doctors prescribing vegetables."

The belief that an alkaline diet can affect cancer cells has prompted the Canadian Cancer Society to weigh in.

"Some people believe that this type of diet will help you lose weight, increase your energy and reduce your risk of heart disease and cancer," the agency posted on its website. "However, there is no evidence to support any of these claims." TORSTAR NEWS SERVICE



Supermodel Elle 'The Body' Macpherson is one of several celebs who swear by the Alkaline diet, which is sugar-free, gluten-free, dairy-free, meat-free and shuns alcohol, caffeine and processed foods. GETTY IMAGES

NEWS

Yelchin SUV was part of recall

The SUV that rolled down a driveway and killed Star Trek actor Anton Yelchin was being recalled because the gear shifters have confused drivers, causing the vehicles to roll away unexpectedly, government records show.

Yelchin, 27, a rising actor best known for playing Chekov in the rebooted series, died Sunday after his 2015 Jeep Grand Cherokee pinned him against a mailbox pillar and security fence at his home, Los Angeles police said.

The 2015 model-year Grand Cherokees were part of a global recall of 1.1 million vehicles announced by Fiat Chrysler in April, National Highway Traffic Safety Administration records show. The recall was urged after complaints from drivers who had trouble telling if they had put the automatic transmissions in park. If they were not in park and a driver left the vehicle, it could roll away.

Fiat Chrysler, which makes Jeeps, said in a statement Monday that it was investigating and it was premature to speculate on the cause of the crash. It offered sympathies to Yelchin's friends and family.

Investigators were looking into the position of Yelchin's gear shift at the time of the accident, Officer Jane Kim said. The actor had gotten out of the



Star Trek actor Anton Yelchin. THE ASSOCIATED PRESS

vehicle momentarily, but police didn't say why he was behind it when it started rolling.

Yelchin's friends found him after he failed to show up for an audition early Sunday.

Coroner's officials ruled Yelchin's death an accident



He was a ferocious movie buff who put us all to shame.

Director Gabe Klinger

after an autopsy. The results of any toxicology tests would not be known for months, coroner spokesman Ed Winter said.

Yelchin's death tragically cut short the promising career of an actor whom audiences were still getting to know and who had great artistic ambition. Star Trek Beyond, the third film in the series, comes out in July.

Director JJ. Abrams, who cast Yelchin in the franchise, wrote that he was "brilliant ... kind, and supremely talented." His death was felt throughout the industry.

"What a rare and beautiful soul with his unstoppable passion for life," said Jodie Foster, whose 2011 film The Beaver co-starred Yelchin. "He was equal parts serious thinker and the most fun little brother you could ever dream of."

"He was a ferocious movie buff who put us all to shame," said Gabe Klinger, who directed Yelchin in the upcoming film Porto, likely to be released this fall. "He was watching four or five movies every night."

Yelchin began acting as a child, taking small roles in independent films and various television shows, such as ER, The Practice, and Curb Your Enthusiasm. His breakout big-screen role came opposite Anthony Hopkins in 2001's Hearts in Atlantis.

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12 Tuesday, June 21, 2016 metro SPECIAL REPORT: BANKING

Getting started right

Planning a budget can really pay off

Sean Deasy

You're used to winging it — even when it comes to your money. But a little organizing can go a long way to helping you stay on top of your finances, manage your debts and build your savings. And it's easier than you might think. Here are some tips to get on the right track.

File your incoming bills in one readily accessible folder in order of due date. Book a regular date in your calendar to review and pay them, preferably at the same time and day every week or two. Store your sales receipts and ATM slips in a separate folder and check them against paper statements when you pay your bills.

Going digital is particularly convenient for the organiza-

tionally averse — it's banking done fast, with no fuss. You can pay your bills automatically by setting up pre-authorized debits for ongoing bills — hydro, heat, cellphone, etc. You can check accounts online to keep track of payments and balances. And you can track your bill statements to confirm accuracy, verifying amounts and due dates.

Not many of us would characterize tracking our personal finances as "fun." To make it less daunting, approach these projects like the pros: break them down into small, manageable tasks and tackle them regularly by logging times in your calendar as reminders. And motivate yourself to do them on time by rewarding yourself upon completion.

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SPECIAL REPORT: BANKING metro 13

Budget refinement

An organizational tune-up can help solidify your finances

Sean Deasy

You always keep things in check, which includes staying on top of your finances — even on a daily basis. But there's always room for due diligence. Here are some tools and tips to enhance your budget strategy — and bolster its success.

ISTOCK

— you'll soon see where the bucks go. You can then determine where your budget needs tweaking.

We all have goals for our savings — whether it's a family vacation, a down payment or a major purchase such as a car. And reaching them takes a plan. Check out online savings calculators that determine how much money you'll need to set aside to meet your (non-retirement) financial goal — and how long it'll take to get there.

You work hard for your money, and you watch your finances closely, so why not enjoy the fruits of your earnings by budgeting for the odd treat? After all, some discretionary spending — a new outfit, a weekend getaway — can make your fiscal prudence even more rewarding.

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Offer ends Sept 2, 2016.

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RELATIONSHIPS

What we can learn from a Grade 8 love contract

- You cannot talk hoes.
- You have to talk to me all the time.
- You have to give me a lot of hugs.
- You have to buy me food.
- You can't break my heart because if you break my heart I will break your face.
- You can't break up with me I break up with you, if we have problems we will resolve them.
- You can't hug these hoes.
- You can fist bump these hoes that's it.
- You can't be looking at these hoes.

I agree with these terms and conditions

The grade 8 contract that went viral earlier this month.

CONTRIBUTED

Puppy love has never had so much bite — or this many provisions. "You can't hug these hoes," reads an apparent relationship contract between two 8th graders that went viral online earlier this month. "You have to buy me food," reads another stipulation.

Twitter user @maxlinsky posted the photo June 10, writing that the paper was found on the floor after class in a middle school. Oh, and "(He signed it.)"

Though the nine-clause contract may sound extreme — "You can't break up with me I break up with you" — some relationship experts say there's actually a lot that adult couples can glean from the Grade 8 legalese in the young lovers' contract: lessons about respect, communication, finances, conflict, intimacy and infidelity. "This is a confident little girl who knows exactly what she wants and wants to protect herself," says Toronto psychologist and relationship expert Nicole McCance.

Written or not, communication about what each person expects from the other is key in any relationship, agrees Toronto couples counsellor Kimberly Moffit. Here, a few points are addressed by experts trying to decipher the middle-school logic.

"You have to give me a lot of hugs."

This 8th-grader condition clearly addresses intimacy. "Talking about how often you need and want intimacy and talking about what your partner expects in that department is important," says Moffit.

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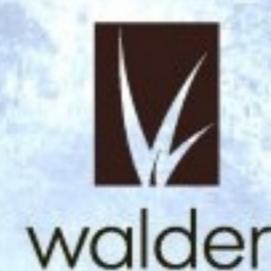


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Would you Say No To This student production?

MEDIA LAW

School's ode to Hamilton runs afoul of Copyright Act

Genna Buck
Metro Canada



Lawyer Bill Northcote has a message for the high school students and teachers in Scarborough, Ont. who staged three numbers from the hit Broadway musical Hamilton, only to have them removed from YouTube:

Be willing to wait for it.

The musical — a hip-hop retelling of the life of founding father Alexander Hamilton — is not yet licensed for amateurs.

Reproducing it is infringement under the Copyright Act, said Northcote, chair of business law at Shibley Righton LLP in Toronto.

And it doesn't matter that the play is American. The rules are essentially the same.

The singing, rapping and dancing chops of students from Wexford Collegiate School for the Arts earned accolades from around the Internet before the videos were taken down at the request of Hamilton's PR rep Thursday.

Although a takedown request or cease-and-desist letter usually does the trick in cases like this, the copyright owners could be within their rights to get a court order preventing the school from performing Hamilton any more and could seek damages (monetary compensation) for its unauthorized use, Northcote said.

That is, unless the Wexford kids could successfully argue they qualify for an exception.

One way would be through



Students at Wexford Collegiate School for the Arts in Scarborough, Ont., perform a musical number from the Tony-winning Broadway hit Hamilton earlier this month. After posting three numbers from the musical on YouTube, they were issued a takedown request from the Hamilton PR team. MICHAEL ROBINSON

fair dealing: Copyrighted works may be used for research, private study, education, parody or satire.

Just how much copying is fair is defined case-by-case. Even a cover of a single song can be infringement, and "reproduction of the whole work is certainly not fair," in the case of a musical, Northcote said.

There's also a special exception for performances at schools.

But the show has to be primarily by students, for an audience of mainly students and teachers, on school property and not put on for profit. That's why lip-syncing to the Spice Girls at your school talent show is OK.

But Wexford students performed for the media and posted

recordings to YouTube.

The more people see a gifted work, the higher the damages could be, Northcote explained.

Their rendition of the song Right Hand Man had 21,000 views.

Students and teachers wanted their "love letter" to Hamilton to catch the attention of its cast, the school's artistic director Ann Merriam told Torstar News Service.

But they hoped it would be in a positive way.

Lin-Manuel Miranda, who wrote Hamilton and stars in the title role, often applauds and shares covers and tributes on social media, and says he's read all the Hamilton fan fiction online, from "the cuddliest to

the filthiest."

That's not the same as waiving intellectual property rights, Northcote explained, but could encourage "a false sense of comfort that he won't mind."

It's reasonable to hold off on allowing amateur productions, he added, especially while Hamilton is still booming on Broadway. It's part of the creators' rights to cash in on the time and effort they put into making it.

U.S. and international tours of Hamilton are planned into 2018 and beyond. So it will likely be years before it's heard at high schools. Current secondary students — young, scrappy, hungry and Hamilton-crazy as they are — may not get their shot at it.

WITH FILES FROM TORSTAR NEWS SERVICE



LEARNING CURVE

Spend your summer wisely

High school is over and, with it, an intense feeling of freedom. A summer filled with possibility awaits as you prepare to embrace independence and step into adulthood. College or university is waiting at the summer's end and maybe isn't at the forefront of your mind right now but to properly prepare yourself for the post-secondary experience, it doesn't hurt to lay down some ground work. These foundations will ensure your passage to post secondary is a bit smoother. First off, forget about high school. College and university is so much bigger, diverse, interesting and easy going.

Next up, getting a part-time job is a smart move. Not only will it allow you to pay off student loans as they build but the money will come in handy for day-to-day campus life, socializing and hobbies. Shane LeBlanc, career programming co-ordinator at Dalhousie University in Halifax, believes getting a job

related to what you are studying is a wise step forward.

"Focus on finding meaningful employment over the summer," says LeBlanc. "That way you can have something that is both rewarding and helps you in your eventual career goals. Not only that but it will provide you with the necessary funds to help pay for your education."

Cherry picking the right societies and clubs prior to your first day is also recommended.

Whether it's topping up your education or simply recreation, the societies you choose may shape your social life in post secondary and your future career. Spending the summer mulling over your choice is not a bad idea.

Other things that can help are laying out a financial plan and learning how to cook. However uncool it may seem, keeping a budget will save you money that can go to chipping away



STOCK

at the inevitable debt that will accumulate for most.

Cooking is vital for those of you leaving the nest. It's a good life skill in general, especially for the newly-independent person. The added bonus of learning to cook is more money saved which in turn is less college debt to pay.

Lastly, try to get ahead in your reading course material and in the run up to your first day make yourself known on social media and maybe interact with your future classmates. Most of all enjoy it for the unique, developmental and memorable experience that it is.

— Eoin Weldon

Play a valued role as a financial admin professional

A job as an accounting professional is very attainable and has many rewards.

Careers in the field are in demand and an opportunity to find a stable, well-paid job.

The roles you can take range widely. You could be an accounting clerk, tax return preparer, payroll officer and more.

No matter your role, you'll be providing in-depth financial help for your organization, using your analytical skills and judgement to provide insights that will help run the organization.

There's always a new and interesting challenge. Every day as a financial administration professional you'll be handling something different. You'll navigate accounting skills including double entry bookkeeping, journalizing transactions, posting of accounts to ledgers and preparing a trial balance.

You'll work with accounting concepts including debits and credits, assets, liabilities, equities.

Software skills are essential too, including proficiency in Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software including Sage 50.

The career of a financial administration professional comes with a good salary. An accounting clerk in Alberta can make a median wage of \$21.63 per hour.

To get into this rewarding career, start



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with a solid education. The Accounting and Payroll Administration diploma program at CDI College helps students learn up-to-date skills and gain real-world experience.

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Learn how to help with an addiction studies diploma

The addiction studies: Aboriginal focus program at Bow Valley College is open to anyone looking to learn how to support Aboriginal and non-Aboriginal populations who may struggle with addictions and the associated behaviours.

The program content has an emphasize on western and northern Aboriginal history and culture, and focuses on the needs of Aboriginal communities — as well as other populations with addictions.

There is an eight month or 16 month diploma program that gives graduates skills in counselling, case management, suicide prevention and program delivery and evaluation.

"Graduates will work with Aboriginal and non Aboriginal individuals, families, and communities in identifying and managing addictions through prevention, harm reduction, enforcement, and treatment programs," says Dr. Aileen Wight Felske, coordinator addiction studies: Aboriginal focus, Bow Valley College.

With integration and theory and practical application of knowledge, the addiction studies: Aboriginal focus program is designed to provide relevant knowledge and skills to support practitioners working to provide addictions services for Aboriginal clients.

Students of this program will acquire the multilevel intervention skills necessary to support those struggling with the dysfunctional behaviours of addictions.

The program prepares individuals wishing to enter the field as addictions practitioners and to upgrade addictions practitioners' current counselling skills to an improved level of accountability in order to bring the Aboriginal addictions practicing community to a higher level of professionalism.

The program will also improve individuals' marketability, employment mobility and will build on their experience.

Graduates of this program may pursue work as addictions counsellors — who often work in community social services, children and youth services, justice system institu-



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tions, community Aboriginal services, and emergency shelters.

The program includes 17 courses and four community practicums.

Program delivery is classroom-based with a focus on group discussions and learner participation.

Classes are full-time and are generally scheduled between 8 a.m. and 5 p.m. from

Monday to Friday.

Practicums are two days a week plus seminars.

Practicums are offered with community agencies in the field of addictions.

For more information about the addiction studies: Aboriginal focus program at Bow Valley College, visit bowvalleycollege.ca/humanservices.

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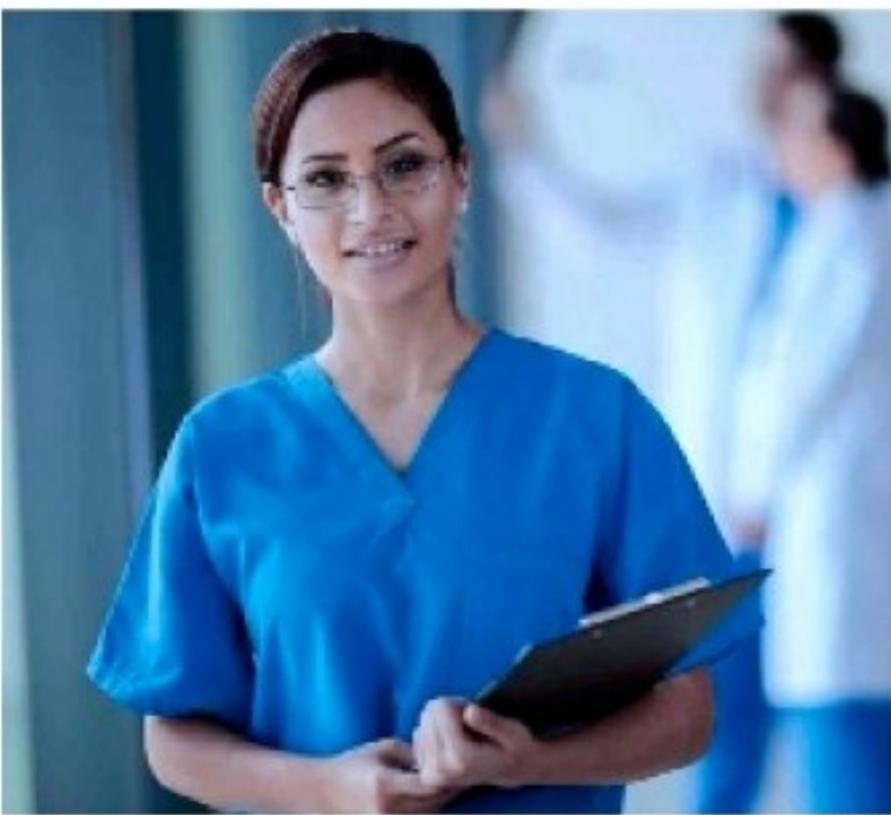
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The medical office working environment can range widely. You could work at the office of a general practitioner, getting to know your clients and helping them maintain their health over the years.

You could work in the office of a specialty medical doctor, focusing on a particular area of interest to you. Or you could work in a fast-paced emergency room where every second counts.

The essential administrative services you'll provide in a medical office include medical transcription, medical record-keeping and billing.

Office software skills are also required, including proficiency in the Microsoft Office Suite.

You may be interested in working in the medical field because you've always been interested in health and medical science. As a medical office administration professional you'll learn about medical topics including human anatomy, diseases, pharmacology and medical terminology.

Working in medical office administration, a growing field in Calgary, you'll be able to earn a competitive salary. A medical secretary in Alberta can earn a median wage of \$26.98 per hour.

The Medical Office Administration program at Reeves College is a great place to launch your career, and includes a 100-hour medical practicum.

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"Students don't need to go to school for two, three or four years as they are trained and ready to start their new career in under a year with Robertson College," says Geoff Nevin, director of marketing for Robertson College.

"Robertson College attracts a variety of different individuals, including those who are looking for a new career, re-entering the workforce, new immigrants getting their diploma so they can continue their career in Canada, continuing education and many others."

At Robertson College short-term diploma programs that are aligned with demands in the marketplace from employers to get people trained quickly and working in under a year.

"Whether you are unemployed and looking for work or in a job or career but not satisfied, we can help you change your life by giving you the training you require in a short period of time and get you prepared and in front of the top employers who are looking to hire," says Nevin.

Robertson College also works with top employers and industry leaders, as well as perform independent research, to ensure that all programs align with what the market is looking for from graduates and potential employees.

"We also work with the associations in each industry to make sure we are offering the courses within our programs that help prepare our students for the real challenges of the job," says Nevin.

For students past and present, the career services team helps students prepare for the real world so they can step right into a new career with Robertson's network of thousands of employers.

"The top employers in Western Canada keep coming back to Robertson asking for more grads as they are impressed with how job ready our students are," says Nevin.

"We set up practicums for our students with these employers and many are hired immediately upon graduating."

For more information about how to change your life with Robertson College, visit the website: robertsoncollege.com.

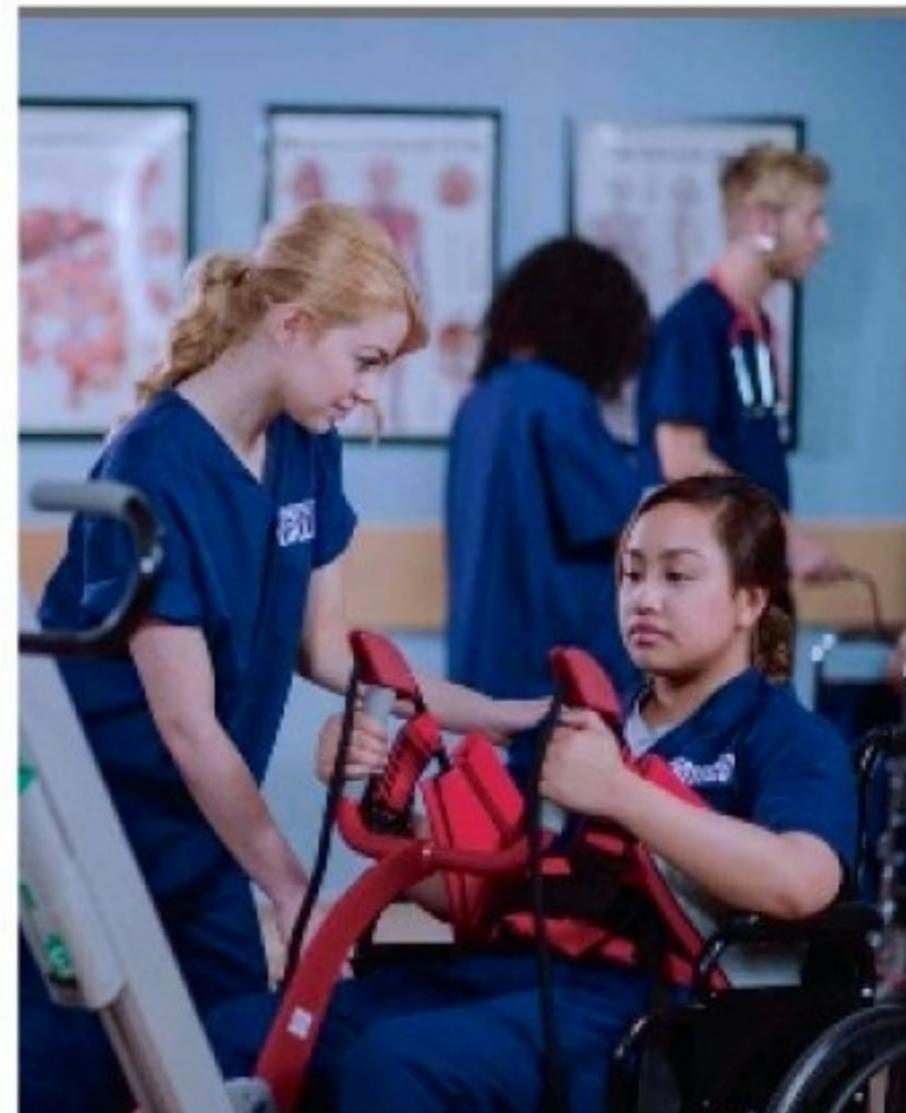


The real Justice League is now taking applications.

New Justice Studies Diploma – Aboriginal Focus

This program goes beyond preparing you for a career in law enforcement. It will also provide you with the skills to divert Aboriginal youths from offending, help Aboriginal offenders while they are in the criminal justice system, and work with Aboriginal offenders who are in rehabilitation. Check out all five diploma paths available in Justice Studies at bowvalleycollege.ca/justice

BOW VALLEY COLLEGE The World Rises Here



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To make the most of your space, learn Feng Shui

The Feng Shui program offered through the Faculty of Continuing Education and Extension at Mount Royal University is designed for those who wish to incorporate Feng Shui into their own homes and also for those who are interested in helping others to enhance their lives and environments using the fascinating art of Feng Shui by practicing on a professional level.

"It offers a good foundation in learning and will take students "beyond the books," clearing up the confusion that often results from the conflicting information available online and in books," says Mia Staysko, instructor, Feng Shui practitioner.

This program covers the basic principles of Black Sect Tantric Buddhist Feng Shui, a more western and accessible approach to what can be a somewhat complicated topic.

"This style of feng shui is easy to learn and is the most widely practiced in North America," says Staysko.

"It is a great way for students to explore Feng Shui as its principles are simple and easily applied."

Staysko says Feng Shui can be practiced as a standalone profession or is a perfect match for someone who is already offering interior design, decorating, staging, real estate, healing or other metaphysical arts.

"Most practitioners are small business owners with an entrepreneurial spirit and a strong desire to help others," says Staysko.

The course is offered in each semester and students can complete the certificate of completion in two semesters or up to two years from the start date.

Want to know more?

For more information,
visit conted.mtroyal.ca/fengshui



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Payroll certification programs appeal to mature students

The Canadian Payroll Association (CPA) offers two certification programs which are taught at Mount Royal University, Faculty of Continuing Education and Extension: payroll compliance practitioner (PCP) and Certified Payroll Manager (CPM).

Graduates of the PCP program can take on roles in a payroll department from data entry to payroll processing to supervisor.

CPM graduates will have the skills to be able to take on payroll implementations or conversions, be involved with union negotiations as part of the human resource team and manage a team of payroll professionals.

MRU's instructors have years of solid

payroll experience in various environments and industries and can help students to be fully prepared for these career opportunities after completion.

"The instructors are able to bring real world examples and experiences into the classroom to support students' understanding of the legislation we are guided by," says Cindy Southam, CPM instructor at MRU.

Southam says the majority of the participants in the program are mature students, so they've been out of the formal learning mode for a few years.

"The classroom environment gives them an opportunity to ask questions and get im-

mediate answers, network with other students and learn from them," says Southam.

"In addition, the Continuing Education department at MRU has a great support team who will help students from registration through to graduation."

The courses offered at MRU are "blended learning", there is both a classroom component as well as an online component.

To learn more

For more information, visit conted.mtroyal.ca/payrollmanager

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ABM program equips students for health-care admin roles

The medical office assistant and unit clerk program at ABM College prepares students to enter into the health-care field with the skills required to help keep medical practices running smoothly.

This cutting-edge program has also been recognized by the industry and ABM graduates have had a high success rate in finding employment after they complete the program.

"The Medical Office Assistant and Unit Clerk Program at ABM has a high graduate employment rate; the program has received phenomenal feedback from employers," says Nasreen Siddiqui, registrar, ABM College.

"We provide our students with the right technical training and set them up to be successful in their chosen career paths."

The medical office assistant and unit clerk program is eight months in duration, including both in-class instruction, and a one-month practicum organized by the college.



ISTOCK

Students enrolled in this program learn about every skill that is required to work as a medical office assistant or as a unit clerk.

The course covers a wide variety of topics including: medical terminology, office administration, pharmacology word processing, transcription, and more.

Graduates of this program will have the skills and knowledge to work as medical office assistants in several clinic settings including physicians' offices, medical offices, dental offices, chiropractic offices, nursing homes, and others.

Graduates can also work as a unit clerk in a hospital setting.

ABM offers monthly intakes for this program.

For more information about this program, visit abmcollege.com.



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Student finds a good fit in community service program

The desire to help others is what drew current Academy of Learning Career College student Nicholas King to the community service worker and addictions program.

"Working in the human service industry is something I've been looking to get into for quite some time, and Academy of Learning and this program were a good fit for me," says King.

Before deciding to pursue an education at Academy of Learning, King had been working job to job, mostly in the restaurant industry as a line cook.

It was Academy of Learning's affordable price that really drew him to enrolling there.

Once he began classes, he knew he had made the right choice.

"The most important aspect to me, and that I share with others, is Academy of Learning's focus on employment after school," says King.

"The instructors also give you a tailored experience that caters to your personal objectives, including field trips, volunteering info and practicums to ensure your portfolio and resume is all that it can be."

King says the relationship between the

school and students is a symbiotic relationship occurs when both sides are mutually benefited.

"The school looks good when their students are employed after they receive their diploma and the newly graduated are in a great position to pay off their debt and start a career doing something they enjoy," says King, who hopes to gain employment as a case worker in addictions once he completes his program.

Visit academyoflearning.ab.ca.

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The World Rises Here

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Indigenous justice studies program has local support

The justice studies — Aboriginal focus is a new specialization offered at Bow Valley College is a unique program in Canada.

It has been development was supported by the Tsuu T'ina Nation Police Service, RCMP, Young offender centre, and the Drumheller Institution among others.

"Graduates will be highly sought after as Indigenous people are over-represented in the Justice system," says Dr. Cherylyn Cameron, dean of Community Studies and Creative Technologies, Bow Valley College.

"Due to the complicated nature of loss of culture, impact of residential schools, and other ongoing issues, graduates with a deep understanding of the root causes will be sought after."

This specialization has been developed for both Indigenous and non-Indigenous learners.

First Nations, Inuit and Metis learners will acquire and develop skills sets that will be valuable employment skills and can therefore reduce Indigenous unemployment rates.

"The justice studies — Aboriginal focus will also be a vehicle to develop skilled Indigenous workers committed to reducing incidents of crime within their communities," says Cameron.

Bow Valley College is committed to developing Indigenous learners in order that their contributions to the community are significant, and sustainable."

Future graduates will be prepared to work with organizations focused on diverting Indigenous youths from offending and work with Indigenous offenders while they are in the criminal justice system and correctional institutions.

Graduates may also work with Indigenous offenders who are in rehabilitation post-offence.

Additionally, the new specialization will prepare Indigenous learners for future careers as law enforcement officers.

"This will enhance viable career options available to individuals from the First Nations and also enhance the representation of diverse communities within policing agencies," says Cameron.

Students of this specialization will learn about the history of the Canadian legal system and the impact on the Indigenous people; issues within the criminal justice system; traditional Indigenous justice; Indigenous history, identity and culture; and healthy lifestyles via the medicine wheel.

Employment opportunities are diverse, and spread throughout organizations and agencies including, but not limited to, correctional facilities, Aboriginal policing, RCMP, Aboriginal child and youth worker, addictions worker, and a healing lodge correctional officer.

This exciting full-time two-year (four semester) career program begins every fall and the delivery is offered as a combination of online and face-to-face courses.

Want to know more?

For more information, visit bowvalleycollege.ca/justice



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Teaching English to speakers of another language can be a rewarding and exciting career.

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Bow Valley College is the largest English Language Training Provider in Western Canada.

The ACE TESOL (Teaching English to Speakers of Other Languages) certificate course is specifically designed to provide participants with the tools, strategies, skills and knowledge to be successful at teaching adults in English language programs either in Canada or abroad.

It is recognized by TESL Canada for TESL Canada Professional Certification Standard One.

"ACE TESOL students will benefit from our deep knowledge base and broad range of instructional expertise in TESOL," says Sally Scholefield, program coordinator, Bow Valley College.

ACE provides a strong focus on practical

teaching skills and bases its coursework upon the most current teaching theory and methodologies.

ACE provides learners with TESL Canada certification, which is an important credential to have when looking for an ESL teaching job in Canada.

This course accommodates all kinds of students.

A few typical students might be: retired public school teachers or new university graduates, looking to get into the field of adult ESL education; or people looking for a career change and needing the credentials to teach ESL.

Course participants will improve communication and presentation skills and will increase self-confidence in their teaching abilities.

Students in this course take 100 hours of class instruction where they will learn ESL teaching methodologies.

They then are given an opportunity to take a 10 or 20 hour practicum in an ESL class-



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room which includes observations, teaching assistance time, and practice teaching hours.

ACE students will also have the opportunity to experience a variety of English Language Learning contexts when completing their practicums.

The next start date for this course is Sept.

13 and runs until Nov. 10.

Applicants of this course must have a university degree and must also provide evidence of English language proficiency.

For more information about the ACE TESOL certificate course, visit bowvalleycollege.ca/tesol.

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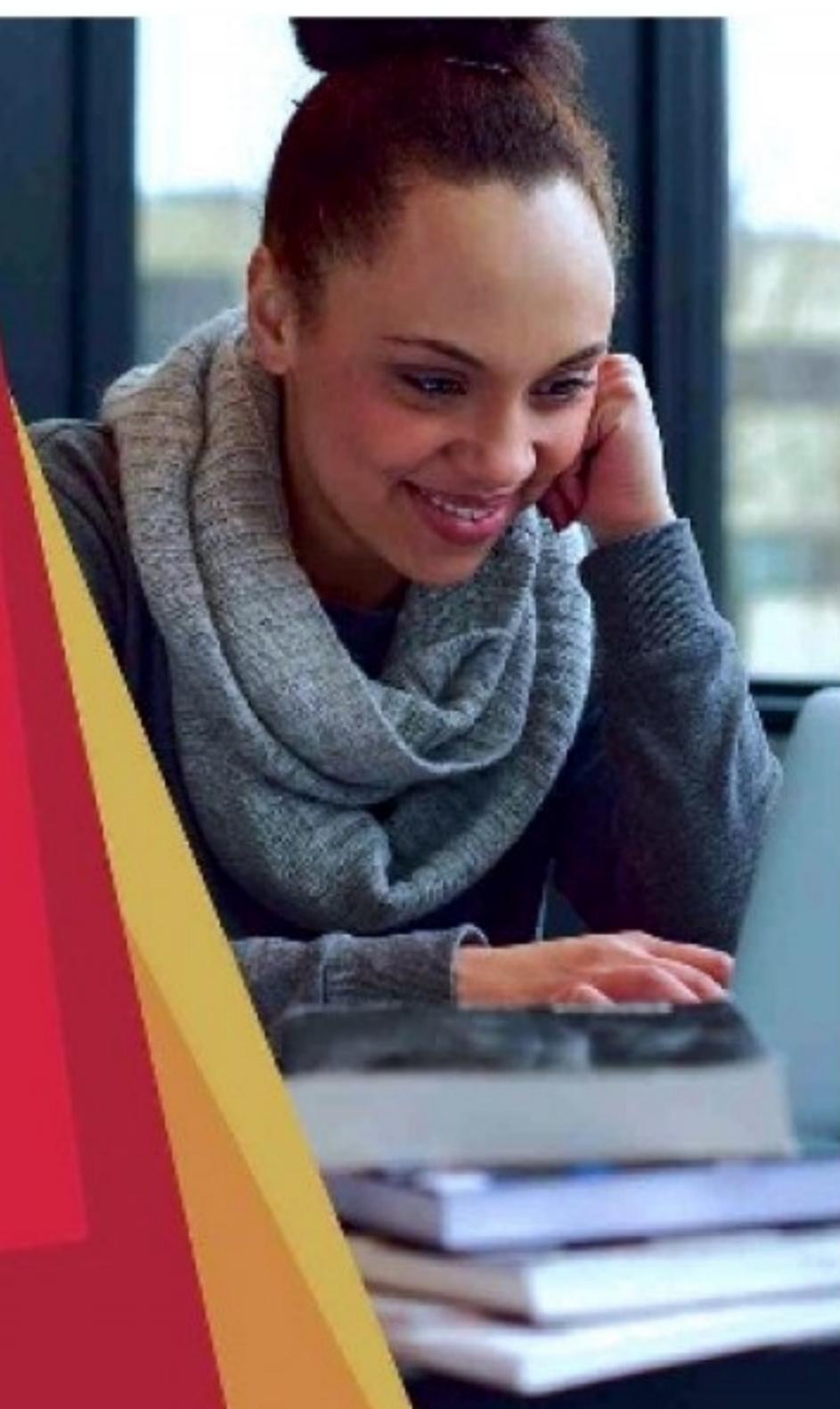
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Dealing with your debt after finishing university

Most college and university students don't have the luxury of avoiding the cloud of debt that hangs over them after graduation. The Canadian Federation of Students put the figure at \$27,000 in 2014. It is a hefty sum to burden upon progressing to the workplace and if, like many others, you find it hard to find a job in your field the debt could delay important life milestones like buying a house, getting married and starting a family.

"Budgeting is the easy answer," says Renae Lafi, advising and recruitment associate at Red Deer College in Alberta.

"Have a certain amount set aside for your entertainment activities and have a certain amount put away each week for your school costs and loans. It's not always the easiest thing to do but you're looking toward your future so the more money you pay toward school loans, the less you'll have to pay the government in the end."

Another way to aggressively tackle your debt is to collect your student loan statements to ensure you know precisely what is owed and

how much interest is being tacked on.

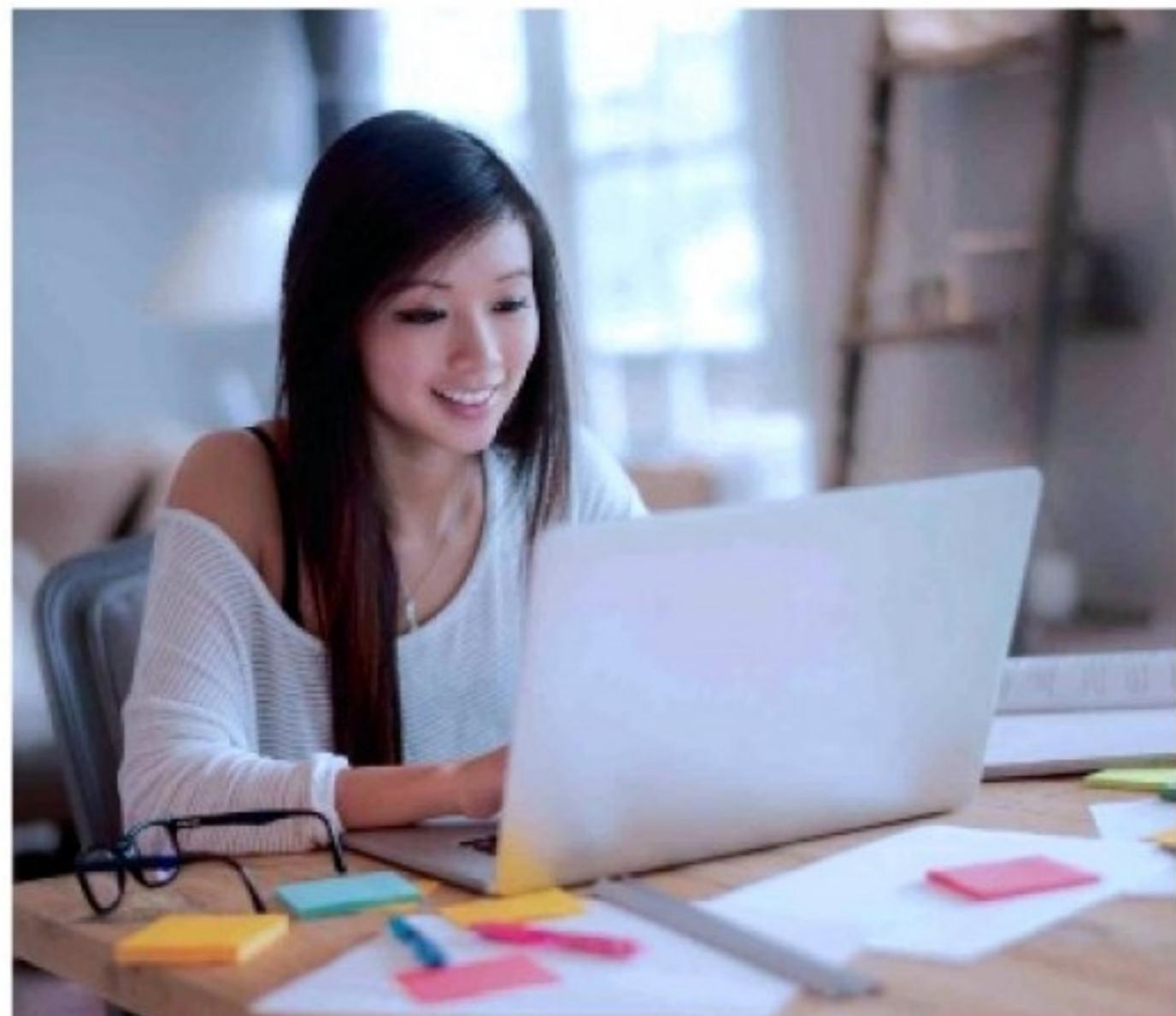
This might be a bit of hassle initially but it will help you to prioritize which loans you want to pay off first as interest can build at pace, especially with the bigger amounts.

Taking full advantage of the no-interest grace period that most student loans offer is also a crucial step. It tends to be a six to eight month window after graduation, giving the student time to look for work.

This is a real opportunity to start eating into that loan before you have to deal with the interest so making as many payments as you can during this window should be paramount and you will see the benefit of doing so in the long term.

Finally, have and stick to a budget while saving money in little ways like bringing a lunch to work with you instead of buying it. Also set a repayment goal for each week and month. Try to stick to it and if you have any extra cash available consider getting ahead of your goal which will ease your long-term interest costs.

Aside from all that you could also make



ISTOCK

some money on the side by selling off some clutter online that you've accumulated over the years. Those pristine boxed action figures

could pay off a nice chunk of that debt so Superman could end up being your real-life super hero.

—EOIN WELDON



CONTRIBUTED

Dental program offers services to public for small fee

Before the students of the dental assistant program at Columbia College move onto the practicum, students engage in offering dental services to the public during the dental patient care clinics.

"The benefit for the student is that the experiences they gain through the clinics helps them to refine their skills and develop confidence in their abilities," says Micheline Gagnon-Wardill, assistant program chair, dental assistant professional program.

"The benefit for the patient is that for a very small fee they are potentially able to

receive many hundreds of dollars' worth of dental care."

The services offered by students under direct supervision by their instructors include; a thorough assessment of the patient's oral health, dental x-rays (for the purpose of diagnosis by the patient's own dentist), instruction in flossing and tooth brushing techniques, polishing to remove stains, fluoride treatments, dental sealants (to prevent tooth decay) and tooth desensitizing treatments.

These services are offered to the public for the fee of only \$10 per person.

Eligible patient must be over the age of 6 years and be willing to attend a three hour appointment during weekdays (learning takes time).

The clinic begins August 8 and runs various dates until September 1.

The program is accredited by the Commission on Dental Accreditation of Canada and is recognized by the College of Alberta Dental Assistants.

Patients may contact us to book appointments starting on July 18, 2016 by telephone 403-235-9314 or by e-mail dentalreception@columbia.ab.ca.

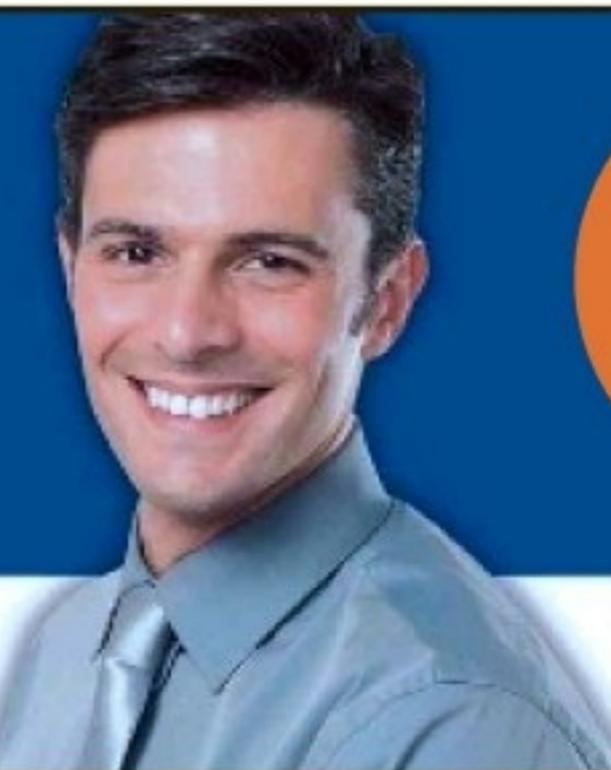
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The World Rises Here

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Post-diploma bachelor gives career a boost

University of Lethbridge Health Sciences Program now available to Calgary area health-care practitioners

Diploma-trained health-care practitioners will have the opportunity to earn a baccalaureate degree and subsequently remove barriers to accessing front-line management positions with the introduction of a Post-Diploma Bachelor of Health Sciences Program at the University of Lethbridge's Calgary Campus.

"This program provides students with a suite of leadership skills that will allow them to present themselves as qualified candidates for positions they would've previously not been fully qualified to perform," says Dr. Christopher Hosgood, faculty of health sciences dean.

"For many employees, a post-diploma program does not currently exist, and in order for them to fulfill their potential in the health workforce, they require a bachelor of health sciences or equivalent."

Pharmacy technicians, practical nurses, massage therapists, paramedics, respiratory therapists, laboratory technicians and many more with health-care experience will now be able to build on their existing diploma education with a degree option that provides a non-clinical grounding in health.

Such degrees will prepare employees for career advancement to managerial or supervisory roles. Responding to student and industry demand, just over a year ago the U of L also established a post-diploma degree program in therapeutic recreation. The motivation to establish that program mirrored the creation of this latest ladder opportunity. Classes will be offered at nights and on weekends, as tailored to the needs of working professionals.

"We've had conversations with several colleges, as well as employers in health care, who indicated the need for such a program," says Hosgood.

Hosgood says they are looking to add foundational knowledge in health leadership through courses such as writing and communications, public health, epidemiology, health research and health management, among others.

Career opportunities with a BHSc may include designing and implementing programs that promote health, collecting and analyzing health data, and shaping policy.

The first intake for the two-year, post-diploma bachelor of health sciences program on the U of L's Bow Valley College campus is fall 2016 (application deadline is Aug. 1, 2016).

For more information, visit uleth.ca/calgary.



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Learn to help teachers and work kids in the classroom

The education assistant program at Bow Valley College is a dynamic certificate program that prepares you to work alongside teachers and education professionals in classroom settings.

"This program is designed for learners who are interested in working in collaboration with the education system to support the learning needs of a diverse population of children and adolescents," says Cheryl Alena Kinzel, program coordinator of early learning and child care and education assistant programs in the School of Community Studies and Creative Technologies at Bow Valley College.

"Calgary is growing, we are building more schools and the need for trained education assistants is growing."

The education assistant certificate focuses on educating college learners to support and enhance the learning for children and adolescents with diverse learning needs.

"We have a strong emphasis on a co-constructed curriculum approach where our college learners are encouraged to bring their own lived experiences with them to the classroom as we build our learning together," says Kinzel.

"We find that this is the most supportive

environment for learning."

Bow Valley College offers both face-to-face and online options for classes.

Learners can choose to complete their certificate in as little as eight months or as long as three years.

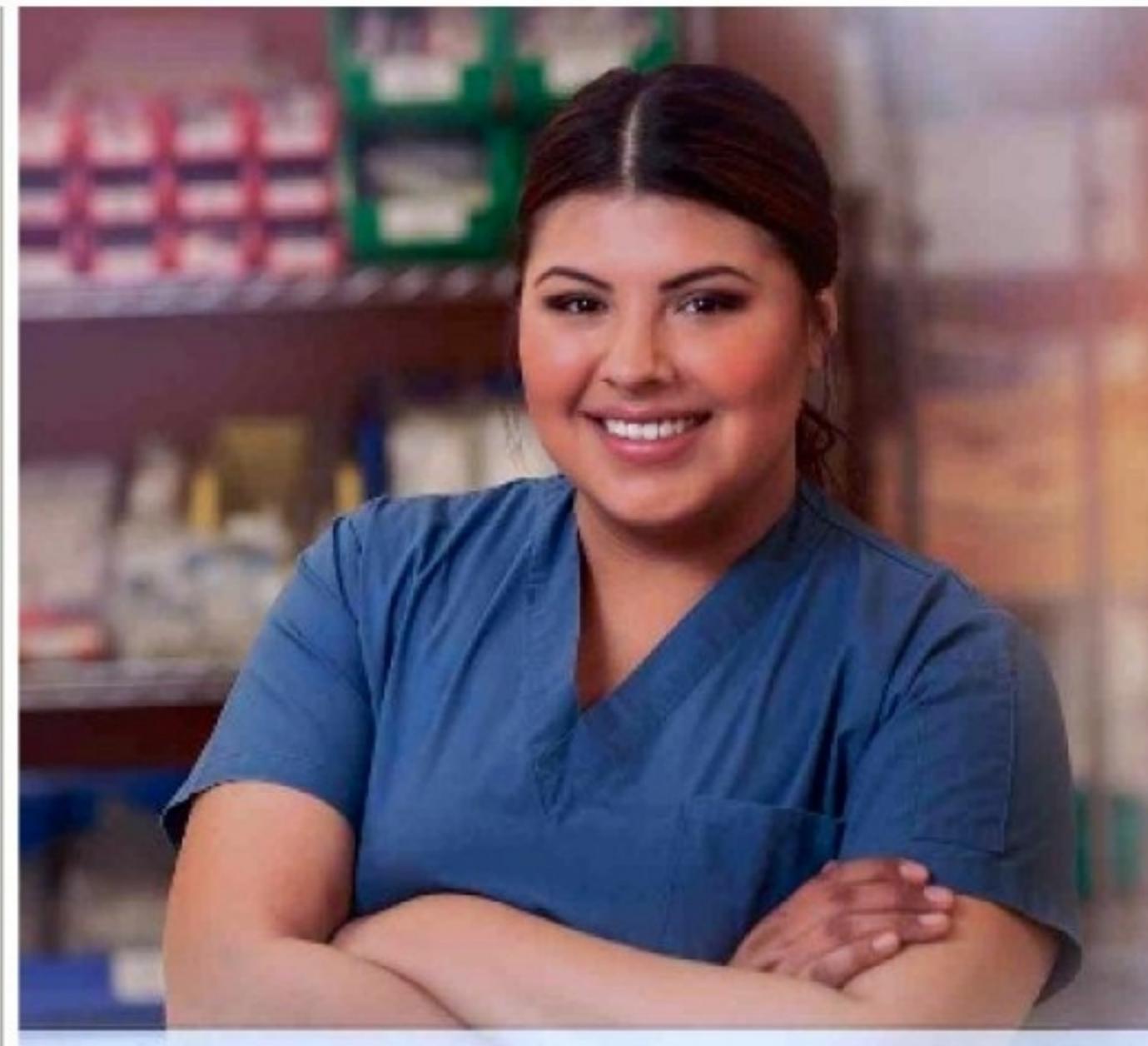
Learners who graduate with the education assistant certificate are then able to articulate into the third year of the disability studies diploma program or continue on to take the fetal alcohol spectrum disorder online certificate.

This program also contains two practicum courses in which college learners work in Calgary area schools to gain experience and practice the concepts they have been learning in class.

Bow Valley College has a strong education assistant advisory committee comprised of professionals and community members involved with the education of children and adolescents.

"We are continually seeking feedback about the realities and needs of the field to inform our program to ensure that we are supporting our college learners to graduate with the skills necessary to be successful in their chosen field," says Kinzel.

For more information about this program, visit bowvalleycollege.ca



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Wales kicks Russian tails

EURO 2016
GROUP STAGE

Bale scores 3rd goal of tourney as Dragons win Group B

Wales advanced to the European Championship's knockout stages as group winner after comprehensively beating Russia 3-0 on Monday.

Goals from Aaron Ramsey, Neil Taylor and Gareth Bale, his third in consecutive games at Euro 2016, ensured that Wales won Group B ahead of England, which could only draw 0-0 with Slovakia.

Ramsey opened the scoring in the 11th minute after a quick counterattack, chipping the ball over the advancing goalkeeper. Taylor doubled the advantage nine minutes later after slotting in a rebound, his first international goal. Bale then made it 3-0 in the 67th minute with an audacious shot that makes him the tournament's leading scorer.

"It's probably the best performance I've been



GETTY IMAGES

GROUP B In Toulouse



involved in with Wales," said Bale. "To top the group, what more can you ask? We said we didn't want to make the numbers up. Well, we can't do any more than win the group."

For Russia, defeat meant its time at Euro 2016 is over and coach Leonid Slutsky gave a major hint that he won't be the man in charge for much longer. The team, which only earned one point in a disappointing campaign, will now focus on the World Cup, which it is hosting in two years.

"I think after a type of tournament like this, you need someone else to take charge of the national side for major competitions," Slutsky said after the match.

Russia, which needed to win the match to have any chance of progressing, took a



Wales' Gareth Bale, left, scores past Russia goalkeeper Igor Akinfeev on Monday in Toulouse, France. PETR DAVID JOSEK/THE ASSOCIATED PRESS

more attacking posture at the Stadium de Toulouse. But its attacking forays left space for

Wales to strike on the counter-attack.

Welsh supporters, in a sea of red around the Stadium de Toulouse, chanted "Don't take us home! Please don't take us home!" during the match. But as the match went on, they confidently chanted "We are top of the league" and now look forward to an encounter in the knockout phase.

At the beginning of the tour-

nament, Wales' first major competition since the 1958 World Cup, few expected the team would win their group.

"Overall it was a fantastic performance and we topped the group, which no one would have seen coming," Ramsey said. "Now that we're through we want to see how far we can go," Ramsey said. "Anything can happen in the next matches."

THE ASSOCIATED PRESS

SOCER

Canada names its 18-woman roster

25.4

Christine Sinclair leads a young Canadian soccer squad for the Rio Olympics.

It will be the third Olympics for Sinclair, who captained Canada to a memorable bronze in the 2012 Games in London.

Goalkeeper Sabrina D'Angelo makes the squad despite being sidelined recently with a fractured wrist. But there is no place for Gabrielle Carle, who has been out with a high ankle sprain of late.

The 18-woman roster has a

The average age of the roster, which includes six veterans from the 2012 Olympics.

combined 1,295 caps with 978 of those belonging to Sinclair (243), Diana Matheson (183), Rhian Wilkinson (175) and Sophie Schmidt (149). THE CANADIAN PRESS

IN BRIEF

Canadian men's rugby team climbs in rankings

Canada has risen one spot in the world rugby rankings to No. 17 after thumping Russia 46-21 in Calgary.

The Canadian men vaulted past the U.S., who slipped to No. 18 in the wake of a 24-20 loss to Italy. Canada hosts the touring Italians, who moved up one spot to No. 13, on Sunday at Toronto's BMO Field.

New Zealand remained No. 1. THE CANADIAN PRESS

NHL

Oilers debut new digs to start season

The Edmonton Oilers will inaugurate their brand new Rogers Place arena on Oct. 12 when they host the rival Calgary Flames on the opening night of the 2016-17 NHL season.

That's not the only provincial rivalry on the ice that night as the Ottawa Senators will host the Toronto Maple Leafs.

The entire schedule will be released Tuesday. It includes outdoor games in Pittsburgh, St. Louis, Toronto and Winnipeg.

The NHL announced the two games on Monday, along with every other home opener of the upcoming season. The Winnipeg Jets host Carolina, Calgary will host the Oilers in the Flames' home opener. Toronto welcomes Original Six rival Boston, while the Vancouver Canucks host Calgary. THE CANADIAN PRESS

NBA

LeBron gets last laugh online

LeBron James ended his social media blackout by throwing a knockout punch at his critics.

One day after ending Cleveland's 52-year pro sports championship drought, James, who refrains from Twitter and other message platforms during the post-season, posted a rant on Instagram aimed at those who have doubted him.

On his Instagram posting, which included him wearing a hat with Kermit the Frog sipping tea — an internet meme used to denote sarcasm and is paired with the saying, "That's none of my business" — James unleashed a rant as vicious as one of his dunks.

Accompanied by a photo of him clutching the Larry O'Brien trophy, James wrote: "They said u lost a step, wasn't explosive as once was, the best days was in the (rear) view, questioned your drive, your leadership, your commitment, you don't have killer instinct, going back home is the worst mistake in your career, he got the coach fired, players traded, won't work between him and Kyrie, Him and Kev won't work, love your teammates to much, there's no way he can deliver a championship in his hometown, etc etc etc.... But guess what THAT'S NONE OF MY BUSINESS #StriveForGreatness #ThisOnesForTheLand #PutSomeRespectOnMyName Hahahaha!! Yes sir"

THE ASSOCIATED PRESS

RATINGS

Game 7 between the Cavaliers and Warriors drew the highest television rating for the NBA Finals since Michael Jordan's last championship.

Cleveland's tense 93-89 win Sunday night to capture the city's first title in more than a half-century averaged a 15.7 rating and nearly 30.8 million viewers on ABC.

Viewership peaked with more than 44.5 million viewers and a 22.5 rating as the Cavs wrapped up the championship.

Pirates put Giants on Locke-down

MLB

Bucs overcome MadBum to give Pittsburgh reason to cheer

Jeff Locke didn't think it made a difference who pitched. The Pittsburgh Pirates needed a win, and somebody was going to get it for them.

Still, it seemed a long shot that Locke would be the pitcher that cooled the majors' hottest team.

The left-handed Locke followed consecutive horrible starts with 6-2/3 scoreless innings, Erik Kratz hit his first home run since 2014 and the Pirates beat San Francisco 1-0 on Monday night, ending the Giants' eight-game winning streak.

Locke (6-5) allowed five hits, no walks and struck out three, helping the Pirates to just their second win in 12 games. He had allowed 18 runs and 20 hits over 8-2/3 innings during his previous two outings.

MONDAY In Pittsburgh

10
PIRATES GIANTS

"I really don't think it mattered who would have been on the mound tonight," Locke said. "This team needed a win badly. Whoever pitched was going to go out, rise to the occasion and pitch a good game."

"I thought I threw the ball pretty well. I avoided the walks and was able to fill up the strike zone."

Madison Bumgarner (8-3) was the tough-luck loser, allowing one run in eight innings while having his seven-game winning streak snapped. The left-hander had his 12th straight start allowing two earned runs or fewer and gave up five hits while striking out eight and walking two.

It was Bumgarner's second complete game of the season and 12th of his career.

THE ASSOCIATED PRESS



Pirates second baseman Josh Harrison gets the force out at second against Brandon Crawford of the San Francisco Giants at PNC Park in Pittsburgh Monday. JUSTIN K. ALLER/GETTY IMAGES

+ MORE BASEBALL

White Sox 3, Red Sox 1 (10)

Jose Abreu doubled home two runs off Boston closer Craig Kimbrel with two outs in the top of the 10th inning after Chicago escaped a bases-loaded, no-out jam in the ninth, lifting the White Sox the win in Boston.

Rockies 5, Marlins 3

Mark Reynolds hit two home runs to help power the Colorado Rockies to a win over the Miami Marlins in a record-setting home run contest.

Trevor Story, Nick Hundley, and Charlie Blackmon also homered for the Rockies and Marcell Ozuna had two homers and Giancarlo Stanton one for the Marlins. The eight solo shots accounted for all of the runs scored, setting the MLB record.

THE ASSOCIATED PRESS

PITCHING PRIORITIES

Numbers favour Blue Jays' four-to-one approach, so far

In explaining why the Blue Jays never made an offer to David Price this off-season, team president Mark Shapiro was blunt. "We had multiple holes to fill," he said, adding that the team could not afford to commit what it would take to sign Price.

"David Price would've represented almost our entire off-season," he added in a separate interview.

It was a sensible explanation, if decidedly unsexy.

Price, of course, went to the Boston Red Sox, who signed him to a record seven-year, \$217-million deal, which pays him \$30 million this season.

The Jays spent \$30 million on

their pitching staff last off-season, but they spread the money around: Marco Estrada, who is earning \$10.5 million in 2016 and \$26 million over two years; J.A. Happ, who was signed at three years, \$36-million; Jesse Chavez, who was acquired via trade from the Oakland and awarded \$4 million in arbitration; and Gavin Floyd, who was signed to a one-year, \$1-million deal.

Looking at the average annual value of the Estrada and Happ deals, the combined salaries of the four pitchers neatly adds up to exactly \$30 million.

So how does Price's performance so far compare with the pitchers the Jays paid instead?

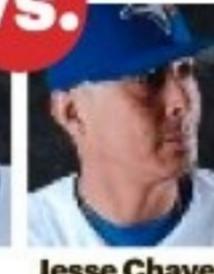
INNINGS PITCHED

Price: 99-2/3
Jays' four: 233-1/3

Price leads the AL this season with 99-2/3 frames pitched but he has little chance in this comparison. The Jays' foursome — two starters, two relievers — has combined for 233-1/3 innings, or 2.3



Marco Estrada



VS.

J.A. Happ

Jesse Chavez

Gavin Floyd

times Price's output. EDGE: Jays

QUALITY OF INNINGS

Price: 4.24 ERA

Jays' four: 3.32 ERA

By most measures, Estrada alone has been a better pitcher than Price, who was not good in his first month. Estrada has held hitters to an MLB-best .168 batting average

and allowed 1.7 fewer earned runs per nine innings. Happ has averaged almost as many innings per start and allowed roughly the same number of baserunners, but Price has a much higher strikeout rate. Chavez has settled in nicely after a tough start, while Floyd is trending in the opposite direction. EDGE: Jays, but expect Price to close the gap.

OVERALL CONTRIBUTIONS

Price: 1.8 fWAR

Jays' four: 2.7 fWAR

You would think there would be a bigger disparity here, but Price is handsomely rewarded in the Wins Above Replacement formula for his strikeout rate. If we look at Win Probability Added, a

metric that calculates individual contributions to a team's chances of winning and then credits or debits players accordingly, the comparison is starker. Estrada sits third in the AL with a 1.87 WPA and Price is sitting at 0.0, since he did more to hurt the Red Sox chances of winning in five of his first dozen starts. EDGE: Jays

WHAT'S THE PAYOFF?

So far, the Jays' decision to spread their dollars looks like the shrewder move. But if the Red Sox end up in a one-game playoff and Price throws a complete-game shutout, all the rational number-crunching will be moot.

TORSTAR NEWS SERVICE/GETTY IMAGES

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NEW MEXICO

Marathon runner attacked by bear

A New Mexico marathon runner was less than three miles from the finish line of an organized mountain race when she climbed over a hilltop and saw a black bear charging at her.

The female black bear attacked after Karen Williams unknowingly startled it and at least one of its cubs, which ran up a tree in Valles Caldera National Preserve. The mother bear scratched Williams and bit at her neck and head Saturday before she curled up played dead.

The mauling, considered

rare for New Mexico, left Williams with multiple punctures and cuts. She said a "mean left hook" by the bear also fractured her right eye socket and ripped her eyelid, but her injuries miraculously were not life-threatening.

After the bear and its three cubs wandered off, Williams said she lay alone in the wilderness for 30 minutes. Williams was airlifted to an Albuquerque hospital, and she was released the next day.

THE ASSOCIATED PRESS

I tried to sit up but was nauseated and my arms didn't seem to work right.

Karen Williams
in a Facebook post



Seahawks coach Pete Carroll talks with rookies at the team's training camp Monday in Renton, Wash.

ELAINE THOMPSON/THE ASSOCIATED PRESS

IN BRIEF

Santa Barbara ousts Miami from College World Series

Pinch hitter Ryan Cumberland's two-run single broke a tie and Noah Davis and Kyle Nelson combined to hold down No. 3 national seed Miami's offence in UC Santa Barbara's 5-3 victory in a College World Series elimination game Monday.

THE ASSOCIATED PRESS

Running coach arrested after raid yields dope

Jama Aden, the coach of world 1,500-metre champion Genzebe Dibaba and other long-distance runners, was arrested near Barcelona on Monday after Spanish police raided his hotel room and found traces of EPO and other banned substances.

THE ASSOCIATED PRESS

Argos sign veteran receiver

The Toronto Argonauts signed two-time all-star receiver/kick-returner Larry Taylor on Monday.

The five-foot-six, 177-pound Taylor is entering his eighth CFL season, having spent time with the Montreal Alouettes (2008-10, 2014) and Calgary Stampeders (2011-13).

THE CANADIAN PRESS

CFL arrives in fantasy sports

Fantasy sports fans will soon be able to draft their favourite Canadian Football League players.

Online daily fantasy sports site DraftKings announced Monday that it will host CFL contests for the first time when the season kicks off June 23. THE CANADIAN PRESS

NFL

Seahawks go deeper with money matters, life decisions

Pete Carroll stood at the front of the auditorium just like he would for any other meeting as the head coach of the Seattle Seahawks.

But his words Monday were brief, poignant and directed just at his newest players. And they had nothing to do with what these rookies end up doing on the field.

"It's so important to us to help you guys figure out what is coming," Carroll said.

When the NFL did away with its rookie symposium in Can-

ton, Ohio, it put the onus back on the teams to organize three days of rookie transition education after the completion of their minicamps and before players head off on their summer breaks. Seattle took it a step further, creating an education program that started following the completion of the Seahawks' rookie minicamp the second week of May and will conclude with the mandatory three days this week.

The reason for such an extensive program: the Seahawks don't believe three days is

enough to adequately provide rookies with the information they need. It's education the team provided in the past, but now in a more formal program.

"They've been with us since May 9 so we had nothing but time," said Mo Kelly, vice-president of player development. "It's a redundancy type deal. They can never hear it enough. We've talked to them on finances, I don't know how many meetings we've had so far, but guess what? They're still going to make mistakes. They're still young men."

Everybody is asking them about spending money or getting money from them. Dealing with family and friends is really, really tough. Mo Kelly, VP of player development

They're still growing up. Imagine if you were 21 years old with a lot of money in your pocket. That's the thing I keep thinking about it is they're young individuals, they're going to make mistakes and we have to be here to help them when they make mistakes."

Seattle's program was opened to the media Monday and included a history lesson on the franchise and a panel discussion with former players Bryce Fisher, Jordan Babineaux, Marcus Trufant and Hall of Fame offensive tackle Walter Jones on the lessons learned and pitfalls to avoid as a young player entering the league.

Much of the conversation revolved around finances and the circle of friends and family suddenly looking for money.

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CFL

Ticats sign Collaros to extension

Quarterback Zach Collaros has signed a contract extension with the Hamilton Tiger-Cats through the 2018 CFL season.

The six-foot, 222-pound native of Steubenville, Ohio, won't be starting the season for Hamilton. Collaros continues to recover from a knee injury suffered during the 2015 season.

Collaros, 27, joined the Ti-

cats as a free agent prior to the 2014 season after spending two years with the Toronto Argonauts.

Collaros led Hamilton to an 8-3 record last year and was leading the CFL in passing yards (3,376), touchdowns (25) and passer rating (113.7) with an impressive 70.2 completion percentage.

But his promising season



Zach Collaros GETTY IMAGES FILE

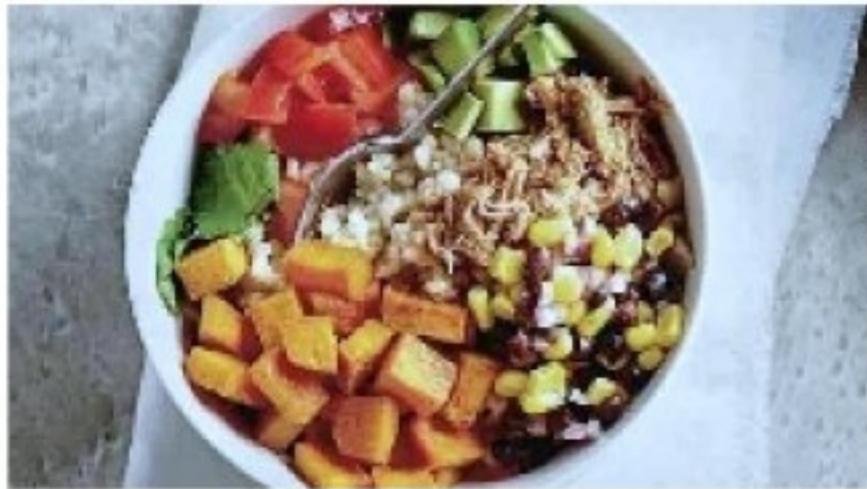
RECIPE Pulled Pork Burrito Bowl

PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
 For Metro Canada

Take last night's pork and whip up an entirely new meal.

Ready in
 Prep time: 30 minutes
 Cook time: 30 minutes
Ingredients

- 2 cups brown rice
- 1 large sweet potato, cubed
- 1/2 tsp chili powder
- 1 1/2 cups leftover pulled pork
- 1 tomato, diced and drizzled with a little olive oil and salt
- 1 avocado, cubed
- 1 bunch cilantro
- 1 1/2 cups frozen sweet corn
- 1 x 16 oz can black beans
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- Juice of one lime
- Handful of chopped cilantro
- 2 cups sour cream
- 1/4 cup lime juice
- 1/4 tsp chili powder

Directions

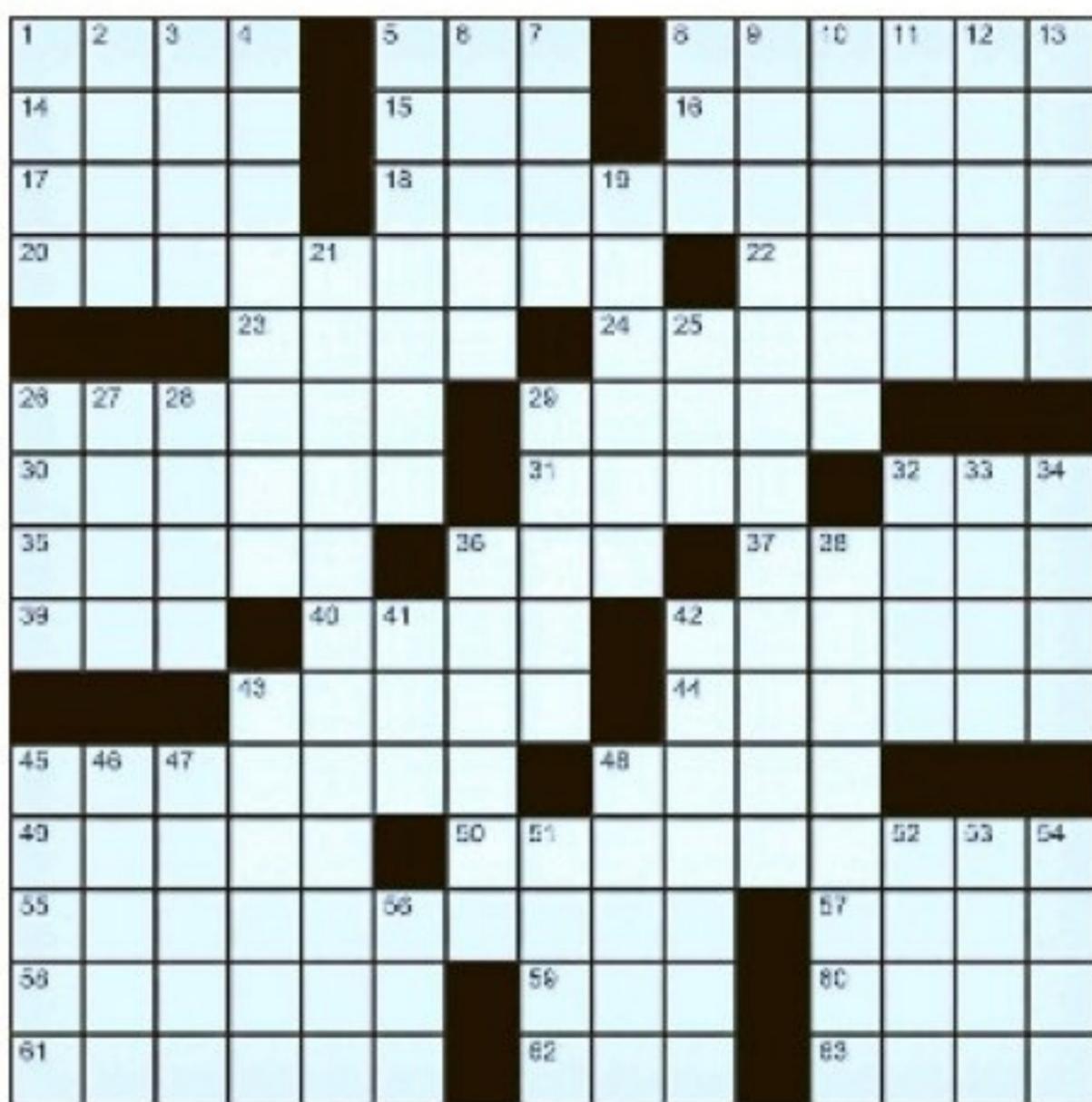
1. Preheat the oven to 400. Prepare brown rice according to directions; set aside.
2. In a bowl, toss the sweet potato with 1 Tbsp of the olive oil, the chili powder and salt. Roast sweet potato on a baking sheet for 15 minutes, check and flip; roasting another 10 minutes, or until cubes are tender and golden brown.
3. Cook corn according to directions. In a medium bowl, mix corn, black beans, garlic, the remaining olive oil and lime juice. Stir in the cilantro and season with salt.
4. Assemble bowls with brown rice, roasted sweet potato, tomato, avocado, black bean and corn salsa and leftover pulled pork. Drizzle with crema dressing and sprinkle with fresh cilantro.

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BY KELLY ANN BUCHANAN

ACROSS

1. Milwaukee's state [abbr.]
5. Boys (1886 Louisa May Alcott book)
8. Split-causing rift
14. 'Eight'-meaning prefix
15. Repeatedly in verse
16. Sound, British Columbia
17. Mr. Julia
18. Canadian _ Magazine
20. U-Haul rental: 2 wds.
22. Permeate-y
23. Silk: French
24. Cobie Smulders, for one
26. Innovative
29. " _ & Symphonies" by Canadian band Spoons
30. Alison of Bluegrass
31. Airline to Israel: 2 wds.
32. Zag's counterpart
35. Crooner Mel
36. 'Functional' finisher
37. "Strawberry Wine" by _ Carter
39. Prime meridian std.
40. Elvis Presley's father, to pals
42. "Donnie _" (1997)
43. Region's forest trees
44. Traditional observance
45. Baroque composer nicknamed 'The Red Priest'
48. Economize
49. Canadian singer Melissa
50. Slocan Lake village in British Columbia: 2 wds.
55. Surely
57. Theatrical try-out target
58. Funeral delivery
59. Ed Sheeran tune
60. Jessica _ (The Honest Company co-founder)
61. Glares
62. Painting's blue part, often
63. Don

**DOWN**

1. Fish bait
2. Flight-related UN Agcy.
3. R's followers...
4. Hamilton venue FirstOntario Centre, formerly Copps _
5. UNESCO World Heritage Site in Nova Scotia, _
6. Dreamers
7. Fossil Cliffs
8. "The Three Faces _" (1957)
9. Ancient promenade
10. Grad-to-be, briefly
11. Take a road trip, such as the Fundy _
12. Hilary of Hollywood
13. God of love of ancient Greece
14. Coyote's snack
15. Movie star Idris
16. Back
17. Mr. Pennington of TV home improvement, and namesakes

*** IT'S ALL IN THE STARS Your daily horoscope by Francis Drake**

Aries March 21 - April 20
 Today you impress bosses, parents and VIPs. You also might be involved with work-related travel or dealing with people from other cultures and countries.

Taurus April 21 - May 21
 Travel for pleasure is on your mind! (You love cruises.) Look for ways to get further training or education by signing up for a class or attending a school.

Gemini May 22 - June 21
 This is a good day for a heart-to-heart discussion about inheritances, shared property and anything you own jointly with others. You'll come out smelling like a rose!

Cancer June 22 - July 23
 Enjoy the company of partners and close friends, because people feel warmhearted today. In particular, you will enjoy talking to relatives and siblings.

Leo July 24 - Aug. 23
 Co-workers are supportive today. At work, others will help you in whatever you are doing. Look for ways to boost your income, because you just might pull this off!

Virgo Aug. 24 - Sept. 23
 This is a playful, social day. Accept invitations to party. Enjoy sports events, the arts and schmoozing with others. Fun activities with children also will please you.

Libra Sept. 24 - Oct. 23
 This is a good day for important real estate discussions. Family gatherings will be positive and friendly. A spontaneous gathering might take place at your home. (Stock the fridge.)

Scorpio Oct. 24 - Nov. 22
 Because you are in such a positive frame of mind today, all your communication with others will be successful. It's a great day for writers, salespeople, actors and teachers.

Sagittarius Nov. 23 - Dec. 21
 Business, commerce and cash flow are favored today. Look for ways to expand your income or get a better job, especially if it involves foreign countries or foreign ownership.

Capricorn Dec. 22 - Jan. 20
 This is a good day for business for you. It's also a good day to do anything that will promote domestic peace and happiness. You can't lose today!

Aquarius Jan. 21 - Feb. 19
 Whatever you do today, you will have a warm feeling in your tummy, because everything is coming together nicely. Nevertheless, you will prefer to work behind the scenes or alone.

Pisces Feb. 20 - March 20
 Warm relations with friends and members of groups will help you achieve some goals today. A friend might introduce you to someone who will expand your world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4						
9	6	1	5	7				
2	6						8	
4							8	
3	1							
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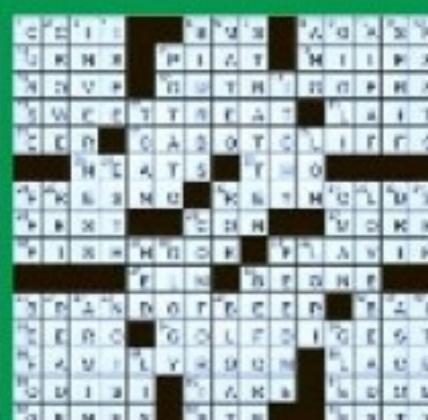
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4	8	6	2	1	9	5	7	3
2	3	7	8	5	6	4	9	1
1	5	9	3	4	7	6	8	2
6	7	8	9	3	1	2	5	4
5	9	1	6	2	4	7	3	8
3	4	2	5	7	8	1	6	9
8	1	3	4	6	5	9	2	7
7	2	5	1	9	3	8	4	6
9	6	4	7	8	2	3	1	5





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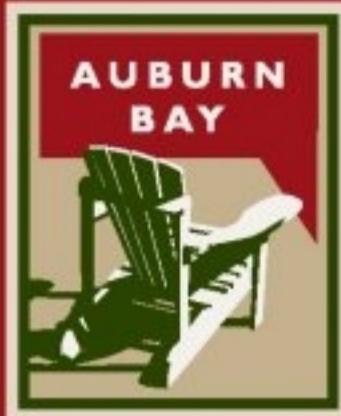
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Though auto sales have slumped, Katherine Maslak, the director of marketing and creative design at House of Cars Inc., says they can see the light at the end of the tunnel. JENNIFER FRIESEN

Fastening seat belts for rough ride in auto sales

BELOW AVERAGE

Low interest rates keep car dealers hopeful

Jen Roe

A couple of years ago, it wasn't uncommon for someone to walk in the door of an auto dealership and walk out having bought a

new vehicle. Alberta used to have the highest vehicle purchase rate in the country (per capita). But as of spring 2016, the province is below the national average.

"Certainly, the economic downturn has hurt new vehicle sales in our province. Consumer hesitancy and labour market weakness are two reasons for this," said Nicholas Ford, an economist with ATB Financial, who watches the auto industry. "Albertans purchased about 465 vehicles per 100,000 people, up from 372 in February. But Canadians in other provinces are

purchasing more. In Quebec, for example, consumers bought 541 vehicles per 100,000 people in March."

As the numbers show, people are still buying cars and trucks in Calgary. "We're about even to last year," said Todd Richardson, dealer principal at Lexus of Royal Oak in northwest Calgary. "But people are taking a longer time to decide: Where it might have taken them three or four days before, now it may be taking them two weeks." Lexus of Royal Oak sells luxury vehicles to a segment of the Calgary market:

"Recession or no recession, a lot of our guests tend to have more disposable income," said Richardson, adding that new car sales are down and used sales are up.

House of Cars Inc. locations across Calgary are seeing more customers "downgrading" their vehicles for more cost-effective options, particularly in terms of payments. "It's tough to say if we've seen the worst of it," said Katherine Maslak, the director of marketing and creative design at House of Cars Inc. "It's been a rough ride, but we see the light at the end of the tunnel."

House of Cars Inc has adjusted how they do business, taking more time to help educate people about rebuilding their credit and moving toward lower interest rates. It's also offering more products like unemployment insurance that are helpful in an unstable economy.

Lower interest rates help, too. "Given most people tend to stay away from the higher-priced 'new vehicle' during these times and resort to pre-owned vehicles, lower interest rates are an added bonus for both the customer and our sales," Maslak

said. "Lower rates have definitely helped with keeping client's bi-weekly/monthly payments down, which is very important to them during an economic downturn."

Meanwhile, economists aren't predicting a big rebound anytime soon. "Gazing out, there's a possibility that new vehicles will continue to struggle throughout the year," said Ford. "It's almost certain that summer will prove difficult for dealerships. That said, interest rates still remain near record lows, which may encourage people to replace their vehicles."

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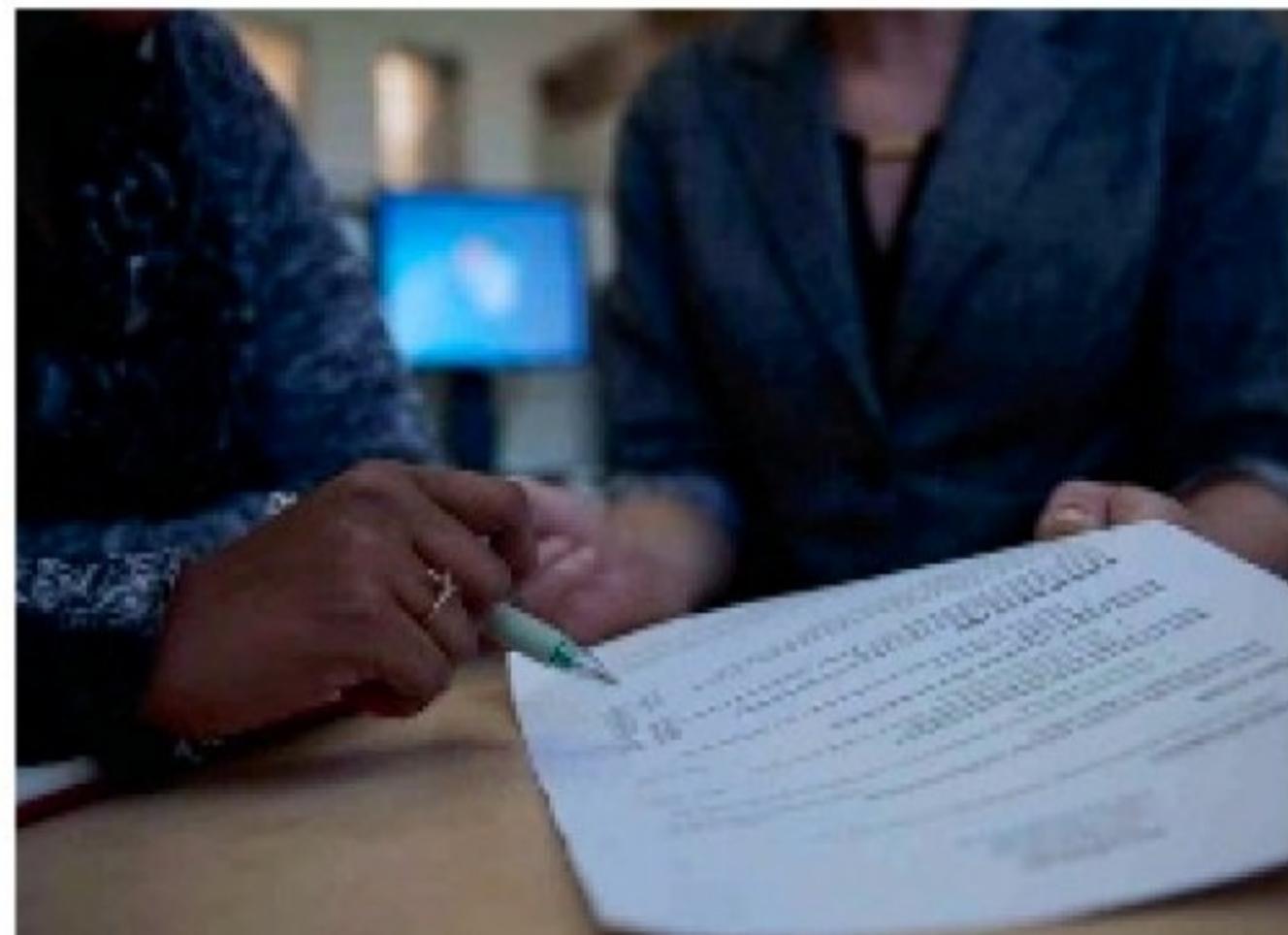
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Education key to diversify economy



Schools continue to review programming to ensure it is relevant and meets the needs of employers. JENNIFER FRIESEN

Jen Roe

As Calgary continues to adjust to the downturn in the energy industry, entrepreneurs, businesses and policy makers are all looking at how to diversify the city's economy and support a long list of other sectors — renewables, clean tech, petrochemicals, logistics and transportation, as well as film, TV and creative industries.

The post-secondary institutions that educate and train the workforce are also adapting to the changing economy.

Take internship programs, for example. At the University of Calgary's Schulich School of

Engineering, there are more students than there are opportunities for third-year internships. In the past, it's been the other way around. Still, in the 2015/2016 school year, 70 per cent of third year students had internships with companies, and several hundred students will likely be placed this year, even with the downturn.

"Some companies are taking fewer interns," said Jenny Cruickshank, manager of internships at the Schulich School of Engineering Career Centre. "We also have employers that say 'I don't have the funds for a year,' and we have students who are flexible and combine more than one employment opportunity

in order to get the minimum 12 months."

Similar to UCalgary's program, SAIT's internships, co-op placements and practicums also ensure that graduates are ready to work.

"In-class learning gives students knowledge of the mind, while the practical experience provides knowledge of the hand," said Greg Michaud, associate vice president, learner services, at SAIT Polytechnic. "It gives students a competitive advantage that serves them well when the economy is strong and it's an essential skill-set to have during an economic downturn."

SAIT has increased staff at its career centre, offers free online

job postings for employers and employment workshops for students and alumni. It also hosts an annual career fair.

At the University of Calgary Career Services, they are having "lots of conversations about expectation management and long-term goal setting," said Manager Colleen Bangs. "The downturn necessitates the need for comprehensive job search strategies, which in the long-run prepare job-seekers more effectively for long term success," she said.

"The entry points into industry may look different during a downturn but that should not change long-term goals and may even create space to discover another path along the way."

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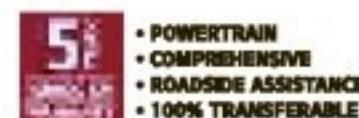
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The Power to Surprise

Renewable energy use increasing

SUSTAINABILITY

Cost of solar energy expected to continue to fall

Christy Nich

The last place you'd think to find alternative, renewable energy is at the Global Petroleum Show, but solar energy was prominent as a low cost, reliable solution for remote equipment and installations off the grid.

Natural Resources Canada defines renewable energy as that which comes from natural resources, can be replenished or renewed and is therefore a sustainable source of energy. Solar photovoltaic (PV) technology converts sunlight directly into electricity and according to Canadian Solar "cost of production of solar energy will continue to fall, while efficiencies will rise. And it is safe to assume that the reverse is true of oil and all other fossil fuels."

Larger operations have, for years, successfully applied small-scale solar PV systems in remote oil and gas operations to power monitoring systems, compressors, pipelines, and pumping stations. For example, Sirius Instrumentation and Controls Inc. have chemical injection and lighting systems, which are powered through the use of solar to reduce the environmental impact in ecologically



Solar photovoltaic (PV) technology converts sunlight directly into electricity. JENNIFER FRIESEN

sensitive areas, eliminating emissions and uses solar-powered supervisory control and data (SCADA) acquisition systems, which measure carbon emissions.

Statistics show that our use in Canada of solar energy is slowly increasing, with an annual market penetration of installed capacity seeing a compound growth rate of 13.8 per cent since 2004, with the most significant growth during the 2008-2014 period.

For companies who supply solar panels to the oil and gas sector, like Calgary's DC Power Corp., the downturn is having an impact on their bottom line.

President Marc Fournier says 40 per cent of its distribution business comes from energy companies, with products like solar panels, mounts, charge regulators, and storage batteries. Fournier says that PV systems are only appropriate for small energy requirements,

such as instrumentation, that are working off batteries being charged by solar panels. Over the last season, sales from the oil patch dropped by an estimated 50 per cent, so the company's focus has switched focus to other customers including solar installers for cabins, and other remote locations, and its non-solar battery lines like the AAA, button cells, and RV batteries. Last year, an individual was hired to handle that branch

of distribution.

Despite the savings provided by solar energy systems, the installation of PV systems have high start-up costs. Barry Wheaton is the CEO Green Arrow Solar, owned by the Montana First Nation in Alberta, near Red Deer.

As Canada's first aboriginal renewable energy corporation, solar installation was an obvious answer, says Wheaton. "The nation had high power bills, lots of sunlight and lots

of band members, who were unemployed and looking for a trade in the solar industry."

With grants from the federal government, the biggest project thus far is the 100kw installation on the band administration building. The company has also completed residential installations on the reserve and are now offering services to other bands and the general public. Green Arrow are exploring wind power and biogas for the future.

Calgary art scene looking 'up, up, up'

A PLACE YOU CAN MAKE A LIFE

Annual report focuses on how the arts help build a city

Shelley Boettcher

It's no secret that Calgary's economy is in a downturn.

But when it comes to the art scene, things are looking up, up, up, says Patti Pon, president and CEO of Calgary Arts Development (CAD).

Consider the new National Music Centre, she notes. And cSpace, the King Edward Public Art Project. The Decidedly Jazz Danceworks building. The Calgary Film Centre. And the Evergreen Community Spaces.

"There are a significant number of new cultural spaces in the city that are opening or have just opened," Pon noted.

"Something important is going on in the city, where we are recognizing on so many levels the importance of the arts and of a vibrant cultural scene."

CAD released its annual Report to the community on June 10. With that report comes the official update of Arts in Action YYC (artsaction.ca), a year-old project that focuses on how the arts help to build a city.

"The City of Calgary's long-term vision is to be a place where not only can you make a living, but you can make a life," Pon said.

"The arts help you make a

life."

Arts in Action YYC is recording hard data on the impact of the arts in Calgary in four ways: making connections, boosting the economy, shaping our identity and inspiring youth.

1. Making connections: Last year there were 3.7 million attendees at arts activities in and around the city. In 2015, local arts groups hosted 694 activities engaging indigenous communities. And 3,321 arts activities engaged multicultural groups.

2. Boosting the economy: More than 4,500 Calgarians were working as artists in 2015. And the 160 arts organizations that receive grant money from CAD have 664 full-time staff, with a direct economic output of \$114 million.

And, notes Pon, CAD only tracks 160 groups; there are many more within the city.

"The arts make a meaningful contribution to our economy," said Pon.

"We're not going to compete with oil and gas, but that mak-

ing a life part? We nail it in a big way."

3. Shaping our identity: More than 80 per cent of Calgarians believe "a strong arts and culture scene is key to creating a vibrant, safe and prosperous society," according to Arts in Action YYC.

"Calgary is a creative and innovative city," Pon said. "You don't get creativity and innovation without having artists."

4. Inspiring youth in the city: Last year, Calgary arts organizations provided almost 7,000 arts education activities for more than 400,000 children and youth. That's important, Pon notes, whether a child becomes an artist or not. "Studies have shown that when kids receive regular consistent exposure to the arts, their levels of citizen engagement and voter turnout goes way up," Pon said.

"If we're serious about building good, innovative citizens, people who will concern themselves with the world we live in, the arts need to be there."



Patti Pon, president and CEO of Calgary Arts Development.

JENNIFER FRIESSEN



The long-anticipated facility opened at the end of May, as a place for filmmakers to work year-round within the province. JENNIFER FRIESSEN

Great expectations for city's new film centre

Erin O'Connor says she's very excited about the potential of the new Calgary Film Centre.

"I can see the potential and value and legacy," said O'Connor, the centre's general manager. "And I'm full of adrenalin to make this thing work."

The long-anticipated \$28 million facility opened at the end of May, as a place for filmmakers to work year-round within the province.

The first major production deal, a British TV series entitled *Tin Star*, began filming on June 15. It stars Tim Roth and Christina Hendricks, and will be shooting here until mid-December.

About 120 Albertans are working on the new series — good news not just for the local film industry, but for the economy in general, notes O'Connor.

Part of Calgary Economic De-

velopment's plan for diversification, the Calgary Film Centre has been a decade in the making.

"The opening is at a great time, considering the changes in the market and in the province's oil and gas industry," she said.

"We're really hitting the market at a unique time in the creative and economic history of the city."

Coming off a whirlwind visit to the Banff World Media Festival June 12 to 15, O'Connor says she has had major interest in the Calgary Film Centre's offerings from commercial, film and television companies around the world. And she's looking forward to making announcements about upcoming productions later this year.

"We're on the cusp of big things," O'Connor said. "I'm extremely optimistic that

+ A CAREER

Interested in working in Calgary's film industry? The Southern Alberta Institute of Technology (SAIT) offers a two-year film and video production diploma program and claims to have an 89 per cent employment rate for graduates. Go to sait.ca for more details.

things are going to do really well here."

Last year, global TV and film productions brought approximately \$175 million into the province, but O'Connor says she's confident that figure will one day be even higher.

SHELLEY BOETTCHER



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ON THE MENU

Eateries take a hit during tough economic times

Candice Ward

When Alloy opened up their doors in 2007, Calgary was booming — then the 2008, recession hit.

"We survived and learned how to manage a business during low times," said Uri Heilik, co-owner of Alloy, located in southeast Calgary.

With the city's current economic state, many restaurants are quickly learning how to survive, while some have unfortunately been forced to shutter their doors.

"The current state is very hard on all businesses in Calgary, but especially hard on restaurants," said Heilik.

"When times are tough, it's hard to justify spending money on nights out, especially the slower nights like Sunday/Monday."

For Heilik, the key to surviving that recession — and this one, for that matter — is by maintaining high standards and doing what they have always done for more than eight years — treating each guest like family and staying positive for the community.



Quality food like the lamb burger with chips and cheese fondue is one of the reasons Alloy has been able to survive in a tough economic climate. CANDICE WARD

Alloy has also won many awards including Best New Restaurant in 2008 and Top 10 Best Restaurants in Calgary year-over-year on Avenue's Food Awards.

Alloy chef and co-owner Rogelio Herrera has won individual awards as well. Most recently he won the Duelling Chef Showdown at the Calgary Stampede.

"Awards are always nice to win, but that's not what we are about at Alloy — treating our guests with love and doing what we love to do each day is why we are here, and why we hope to be here for many more years," said Heilik.

For diners who haven't completely halted spending on nights out, Heilik has some

advice on where to choose their next dining experience.

"Visit the locally owned and independent restaurants, the chain restaurants will survive the recession but the independent may not," said Heilik.

"They need your help during these hard times."

While the brick and mortar dining establishments face their own challenges during the tough economic times, so too do the ones on four wheels.

With a less than lively downtown lunch crowd roaming the streets for eats these days, Calgary food trucks have had to seek out other ways to sell their street food.

One of those is through private event bookings.

SETTING TRENDS

Good times roll for craft beer scene

For the local craft beer scene things have never been better, despite the doom and gloom of the oil and gas industry.

In fact, since the Alberta government relaxed beer industry laws in 2013 and abolished minimum production requirements, the number of breweries in the province has quadrupled — and Calgarians are reaping the benefits as much as anyone. Statistics Canada numbers released last month show that Alberta liquor stores sold a record \$2.5 billion worth of alcoholic beverages in 2014-15 — a six per cent increase from the year before.

There are now at least half a dozen breweries and distilleries in Calgary and most are bucking the trend of a slower economy. In fact, business is better than ever for many, according to Tool Shed Brewing co-founder Graham Sherman.

"I would definitely say that

Rachel Bowman, community and events coordinator for YYC-FoodTrucks, says the recession has created a unique opportunity for the trucks to capitalize on businesses and organizations looking for a cost effective way to host parties or events.

"It has created a new opportunity for corporate Calgary that they may have not thought of," said Bowman.

Bowman says that the idea of having food trucks at events and parties (especially Stampede parties) has caught on so well. So much so that many trucks are booked for the entire summer.

"People are looking for that new cool thing when they host an event and food trucks are that thing," she said.

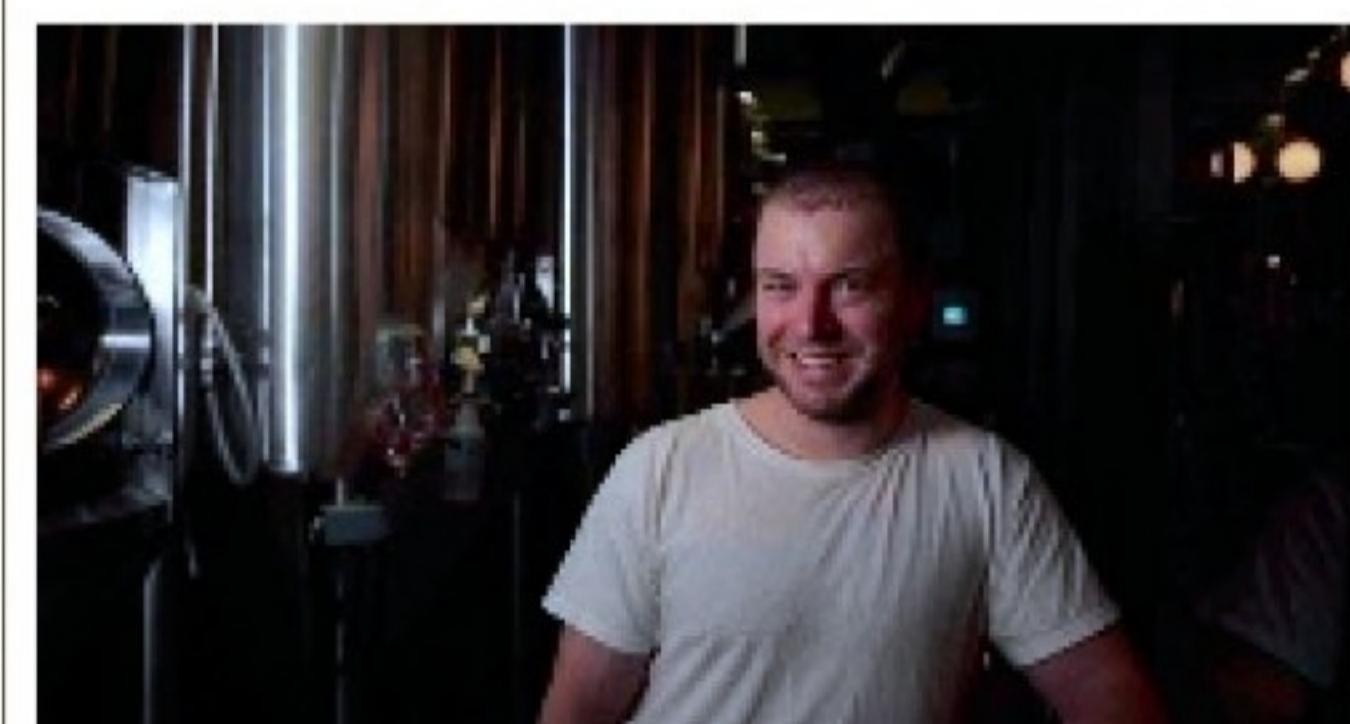
even in economic downturns, there are things that people are still not willing to go without and beer happens to be one of those things," Sherman said.

"When oil prices plummeted, we expected people wouldn't go out to bars as much, as they would probably go to liquor stores and take a six-pack home with them. I'm shocked to say that we were wrong... our keg sales have gone through the roof and even during this time," Sherman added.

Last Best Brewing and Distilling sales manager Adam Seguin agrees that it's a good time to be a local craft brewer.

"There's been a bit of a boom, which is great. I remember before there were only a couple breweries in the entire province and now there are so many great ones and more popping up," Seguin said.

Last Best, which started brewing in 2014 and began serving food a year later, offers a unique experience to patrons being the only brewery in the province that operates as a restaurant and distillery all-in-one. It also helps that Calgarians enjoy drinking. KRISTA SYLVESTER



Last Best Brewing and Distilling sales manager Adam Seguin.

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Candice Ward

For some, vacations are one area where people are tightening up budgets and looking for more cost effective ways to maximize summer fun without breaking the bank.

Luckily, the ultimate staycation awaits you in your own backyard.

Kaitlyn Hakvoort, coordinator for In-Destination Services with Tourism Calgary, offers up an unlimited number of possible activities, events and attractions to help make a budget vacation a great one.

For the adventurous types, Hakvoort recommends checking out some of the summer activities at Canada Olympic Park, such as the zip-line, bobsled, or the Skyline luge, a great option for families or a day out with friends.

Another great Calgary experience she recommends taking is a relaxing ride down the Bow River — while of course making sure to take the trip in a proper raft and safety equipment (available through a number of rental locations in the city).

With summer now here, some people may be looking for a way to cool off without



St. Patrick's Island. CONTRIBUTED

packing up the car and heading hours out of the city to one of the nearest beach destinations.

Throughout the city are outdoor swimming pools and spray parks for all ages to cool down in, but if it is that sand-between-your-toes feeling you're looking for, Sikome Lake in Fish Creek Park offers those who don't live in a beach community access to the summer fun in the sun.

For the sports lovers out there looking to take in some live sports during the summer season, the Calgary Stampede are about to kick off their regular season on July 1st and a number of pubs and bars offer great deals on game tickets and rides to the game.

"This means that we'll be out

If football is not your thing, Spruce Meadows offers the thrill of live sports without the hefty price tag — \$5 to be exact.

For those looking for a break from their fast-paced lives, Calgary is riddled with beautiful pathways and river-front destination such as St. Patrick's Island, the East Village, and Prince's Island, that are dying to be explored either by foot, bicycle, or even Segue.

This summer, Tourism Calgary even launched a new innovative mobile kiosk to help tourists (including Calgarians) better connect with the events and activities taking place around the city.

"We're here to serve Calgarians and visitors to our city," said Hakvoort.

where Calgarians and visitors are, rather than them having to find us in a fixed location," said Hakvoort.

"Our team will be ready to provide suggestions of what to do in Calgary and in our region for day trips."

This kiosk will be out all summer at festivals and events, at city attractions and in high traffic areas within the centre of the city.

For a schedule of the kiosk locations beginning July 1 and to check out plenty more great free and cheap things to do in the city, visit the Tourism Calgary website.

+ A LOT ON THE GO THIS SUMMER

With hot summer weather ahead of us and festival season around the corner, it's the perfect time to spend time in the city. While there are big events like the Folk Fest, Taste of Calgary, Blues Fest and more, don't forget about some of the city's popular gems like the Zoo, Heritage Park and the Calgary Stampede. Here is what is new and happening this summer.

Calgary Zoo

- The dinosaurs are back! Visit them in the Prehistoric Park where the life-size dinosaurs come to life.
- Penguin Plunge – Surround yourself with playful penguins plunging into chilly water
- Tiger Training – Visit the Amur tiger main habitat at 11:30 a.m. daily in the Tiger Amphitheatre where you can watch live training sessions
- Bad Weather Bundle - Take advantage of the zoo's bad weather coupon and enjoy the indoor experience at a discounted rate.

Calgary Stampede

- Sneak-A-Peek - Thursday, July 7 - Discounted admission prices
- Suncor Family Day - Sunday, July 10 - Free admission between 6 a.m.

and 9 a.m.

• Western Heritage Day - Tuesday, July 12 - Free all day admission for seniors 65 years and over

• BMO Kids' Day - Wednesday, July 13 - Free admission for children 12 and under and accompanying adults between 7 a.m. and 9 a.m.

• New this year! - The Dog Bowl located outside features a new act dubbed the Canine Stars, which will wow the audience with high jumping to dock-diving.

Heritage Park

• July 1 - Canada Day - Complimentary pancake breakfast for first 2,016 people, old-fashioned parade, mini chuckwagon races, licensed BBQ tent, entertainment all day

• August 1 - Heritage Day - Complimentary pancake breakfast for first 500 people, family games and entertainment, rides and activities

• August 27 - Country Kickback - Petting zoo, slow tractor races, Kids Kickback challenge, ranch activities

• Music in the Plaza - Free concerts every Wednesday night in the front plaza area of the park from 6 p.m. to 8 p.m.

KRISTA SYLVESTER



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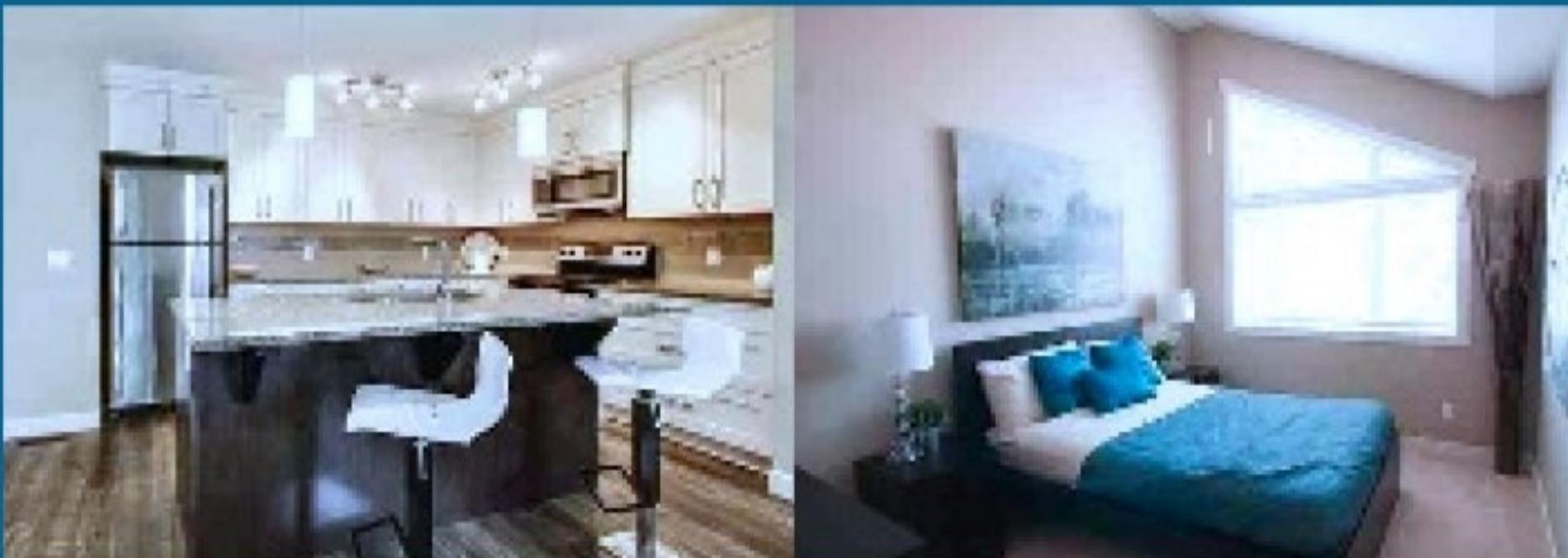


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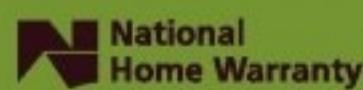
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